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Your essential daily news | WEDNESDAY, NOVEMBER 18, 2015

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Gay teen assaulted in local hate crime

LGBTQ ISSUES

Young man recovering after being left unconscious



Lucie Edwardson
Metro | Calgary

Calgary police are asking the public to help find a group of young men responsible for what they're calling a hate-motivated attack against a gay teen.

The incident occurred in the early hours of Aug. 14, when the 16-year-old victim was walking from a friend's place back to a party he'd attended on Aug. 13.

The teen was assaulted by a group of four to six males, both black and white, between the ages of 15 and 20 years old, who beat him and left him unconscious in the street.

Sgt. Eric Levesque of the CPS hate crimes unit said this case, like many hate-motivated crimes, involved two parties who were strangers to each other.

"It truly is usually an innocent, and they get attacked because of who they are," he said.

The victim eventually gained consciousness and was able to get help from someone who called 911. He was initially transported to hospital by EMS and has since physically recovered.

But, Levesque said it's hard to gauge how the victim is handling the incident mentally.

"Hate crimes tend to be more impactful on victims because they're very personal," he said.

Jonathan Brower, artistic director of Third Street Theatre,

Calgary's queer theatre company, said as a youth he also experienced bullying and was beaten up for being gay, and said the consequences on the psyche can be devastating.

But, Brower said, the victim needs to remember he isn't the problem in this scenario.

"It's the people around you whose perspectives need to change," he said. "Don't stop being who you are because of this."

Levesque said police are hoping someone in the public will come forward with information. "People talk," he said. "Somebody's heard one of these guys talk about it or brag about it."

Anyone with information is asked to call CPS at 403-266-1234.



When there is perpetual fear of being who you are, there is no telling how deep that damage goes. Jonathan Brower

1 Packing the perfect sphere



2 Aiming for the enemy



3 The release and follow-through



4 Triumphant yell or battle cry



GAME ON It's snowball fighting season—are you ready? metroNEWS

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Province reports delay on final section of Ring Road

PROJECT

Traffic impact on Richmond, Sarccee could be significant



Brodie Thomas
Metro | Calgary

The province says it won't be looking to build the final section of Calgary's Ring Road until the southwestern-most portion nears completion in 2021.

"As (the southwest ring road) project nears completion, we will begin to explore the construction of the West Ring Road," said a spokesperson for the provincial ministry of transportation in an email Tuesday.

The west section of the ring road would close the loop, reaching nine kilometres from 69th St. S.W. up to Highway 1.

The delay could mean expensive, temporary solutions in Calgary's southwest to deal with traffic flowing off the Ring Road and onto Sarccee Trail.

A report from administration is suggesting the city expedite a study on building an interchange at the intersection of Richmond Road S.W. and Sarccee Trail S.W., near the Signal Hill and West Hills shopping districts.

That's where northbound traffic from the Ring Road will end up until the western section of the ring road is completed.

However, the city wants to avoid making upgrades that would be unnecessary once the road is eventually completed, according to Ryan Murray, communications consultant for the transportation department.

"We don't want to build an interchange and then have to tear it out," said Murray. "We want to make sure we do it right the first time, which is why we want to continue working with the province so that we have the best result for the city and the province."

Coun. Evan Woolley's Ward 8 is bordered by Sarccee Trail. He said he's fully supportive of the ring-road project but feels the city is not moving fast enough to deal with downstream impacts.

"If the impacts of downstream traffic are not addressed, people will drive through communities," said Woolley.

He said the intersection at Sarccee and Richmond has already seen a 20 per cent increase in traffic, and that justifies building an interchange with or without ring-road traffic.



The provincial government says it won't begin planning the final western section of the Ring Road, shown here in orange, until the southwest portion is nearing completion. CONTRIBUTED

"We have to front-end the challenges we know are going to happen and we have to deal with them appropriately. This report doesn't give me the confidence that the interchange at Sarccee and Richmond will happen."



If the impacts of downstream traffic are not addressed, people will drive through communities.

Coun. Evan Woolley, whose Ward 8 is bordered by Sarccee Trail

STAMPEDE

Funding cuts lead to layoffs



Helen Pike
Metro | Calgary

The CEO of Stampede regrets having to go through with a significant reduction to its workforce as it prepares for a successful 2016.

"It wasn't a reduction we really wanted to do, but one that we needed to do," said Warren Connell.

On Tuesday, five per cent of full-time Stampede employees were handed pink slips — that's 19 of 280 full-time employees — to "retool the organization" and get it through the economic slump.

Connell said that as a not-for-profit, Stampede isn't immune to the economic downturn, adding they really felt the impacts, especially when faced with a decline in events and local support as well as a \$2-million grant reduction from the Government of Alberta in May.

"This would be the first time we've received a grant cut of that nature," Connell said.

The funding cut was a 21 per cent decrease, funding that goes to its not-for-profit and charity programs.

"We have reduced sponsorship and still want to be able to operate our programs, so the only way to do that is cut back on your costs and try and match your operations to your revenue streams," Connell said.

+ SOLUTIONS

The matter is going before the city's standing policy committee on transportation and transit on Wednesday.



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RIDESHARING

Uber moving towards regulation



Braeden Jones
Metro | Edmonton

Both the City of Calgary and Edmonton have taken steps towards regulating UberX, the popular ride-sharing company, now operating illegally in two Alberta cities.

Monday Calgary councillors voted in favour of an option presented by administration to create a framework, and opted to come back in February with a drafted bylaw, hoping it will pass quickly in the new year.

Edmonton city councillors didn't approve an Uber-permitting ride-sharing bylaw Tuesday, but took a step towards that resolution by passing first reading.

Mayor Don Iveson said "a lot rests on council's decision" on the bylaw.

Uber has threatened to leave town if the bylaw's fee schedule doesn't change, and taxi supporters are afraid loose regulations would ruin the industry.

"Council is working very hard to try to balance these various interests," Iveson said. "We know that cabs will continue to be essential to Edmontonians... at the same time we know that citizens are looking for these new options."

He explained that one way or another, Edmonton's vehicle for hire industry needs an increased capacity.

He wants to accommodate ride-sharing "because it's what citizens want, and it's the best way to meet (that need) rather than issue more cab licences."

Iveson said council took a "very deliberate step forward" by passing the first reading of the bylaw and directing administration to bring forward amendment options on January 26.

He also hopes that between now and then, Uber's insurance, which the city and province have called insufficient, gets up to snuff.

Uber spokesperson Xavier Van Chau said the company is working with Intact and provincial authorities to "develop a new insurance model."

"We are trying to bring solutions that are specific to the ride-sharing market," Van Chau said.

Iveson said deferring a final decision leaves time for that to play out, and gives administration time to look into "fees and fares," two sticking points with councillors and stakeholders alike.

During Tuesday's debate, councillors voted not to force taxi rates on companies like Uber, and also voted not to require drivers undergo mandatory training.

Drop in Calgarians that get flu shots: Alberta Health

HEALTH CARE

Warm weather could be a factor, says medical officer



Jeremy Simes
For Metro | Calgary

Fewer Calgarians are getting their flu shot this year, including Alberta Health Services employees.

According to November report by AHS, about 78,000 fewer Calgarians received their flu shot

this year compared to this time last year.

In the report, about 270,000 vaccinations were administered in the Calgary region compared to more than 347,000 people who got their shots this time last year.

Dr. Judy MacDonald, a medical officer with AHS, said the milder weather may have played a role in the lower vaccination rates.

"It's still so nice out that people might not be thinking about getting vaccinated," she said. "It's out there, but it's not at its usual full force yet."

She said each flu season is different, and accurate comparisons shouldn't be made until each flu season ends.



Dr. Judy MacDonald
METRO FILE

AHS employees in the Calgary region are also getting vaccinated at lower rates, according to a separate November report by the health authority.

As of Nov. 2, 38.2 per cent of

hospital employees in the Calgary zone are receiving the flu shot, a dip in 24.8 percentage points from April 2015's vaccination rate of 63 per cent.

As of November, the vaccination rate for employees at the Foothills Medical Centre was 46 per cent, Peter Lougheed Centre (47 per cent), South Health Campus (47) and the Alberta Children's Hospital (53).

The flu vaccination target for AHS employees is 80 per cent.

MacDonald reiterated employee vaccination rates shouldn't be compared until the flu season finalizes, though she said more work needs to be done to get workers immunized.

"Workers start to get immunized in October, so we're in the early days of making any comparison," she said. "But there's no question health care workers need to be immunized."

As for the province, 160,000 fewer Albertans have received the vaccine this year compared to November of last year.

MacDonald said she's confident in the health authority's flu campaign.

"These are early figures, and I don't think it indicates people aren't choosing to get immunized — they just haven't got around to it," she said. "This should be a wake-up call because influenza is coming in a major way."



DEVELOPMENT CAR-FREE CONDOS East Village is one step closer to having car-free housing after ground was broken for the new N3 Condo development on Tuesday morning. Located beside the historic St. Louis Hotel along 8 Avenue and 4 Street S.E., the 167-unit condo will have no underground parkade, but buyers will be given a Biria bike and a \$500 credit to Car2Go and Enterprise Rent-A-Car as incentive. Approximately 60 to 70 per cent of the buyers are millennials who opt to live car-free, according to Joe Starkman, president of Knightsbridge Homes, which is partnering with Metropia and Calgary Municipal Land Corporation (CMLC). JENNIFER FRIESEN/FOR METRO

TRAFFIC

Collision report contained few surprises: Engineer



Brodie Thomas
Metro | Calgary

Calgary's lead on traffic safety says while the city is always looking to make safety improvements, the most responsibility for safety falls to drivers.

Tony Churchill, senior traffic engineer and leader of traffic safety for the city said convincing people to drive the speed limit and make eye contact with

pedestrians would go a long way towards curbing collisions in the city. Churchill was responding to the city's latest annual report on traffic collisions for 2014. Other data gives the city information it can work with, such as the top five spots for collisions when roads are icy.

"We've been doing this (map) for the past two years — one of the things we looked at is how our existing snow clearing activities can influence the type of accidents that are hap-

pening," said Churchill.

He said they have noticed a fewer accidents when snow clearing is intensified in certain areas. The top five hot spots are already on priority one or priority two snow clearing routes, but the city may further adjust clearing strategies in those areas.

As for pedestrians, Churchill said the city wants to make sure they have enough crossing time. Sometimes giving a slight increase in walking time can make a difference at an intersection.

+ MORE DETAILS

City considering right red arrow traffic signals

The City of Calgary is considering adding red right arrow lights to its toolbox of traffic control options.

Tony Churchill, senior traffic engineer and leader of traffic safety for the city, said the signals are used in Montreal, and warn driv-

ers when it is not OK to go right on a red light. Churchill said the biggest problem is driver education, since the signals are not used nationally and could be misinterpreted by drivers unfamiliar with the signal.

"This is still at a very preliminary stage at the national level," said Churchill.



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Are you interested in an oil and gas career that combines geology and geophysics and computer science? If so, then the Geoscience Information Technology diploma program will provide you with the computer skills geared towards the energy sector and numerous other industries.

Join us on Wednesday, November 18 at 7:00 pm in Room MD217 in the Stan Grad Centre.
Call 403.210.5753 or Email expt.info@sait.ca to confirm your attendance or for more information.

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Join us on Wednesday, November 18 at 7:00 pm in Room H101 in the Senator Burns Building.
Call 403.284.8849 or Email ja.info@sait.ca to confirm your attendance or for more information.

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Information management is a growing high-tech career path. The Library Information Technology program at SAIT is the perfect solution as it focuses on database searching, how to access information and helping people find information. Get trained at SAIT in a career that combines your high-level organization skills with technology.

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Alberta food banks Canada's busiest

ECONOMY

Hunger report shows use has increased 23% since last year



Aaron Chatha
Metro | Calgary

Out-of-work Calgarians with no other options are lining up in droves at the Calgary Food Bank.

According to the Food Banks of Canada annual HungerCount report, food-bank usage is up throughout the country — but Alberta has seen the biggest increase by far.

From March 2014 to March 2015, Alberta food banks saw a 23 per cent increase in clients.

Shawna Ogston, spokes-



Rosemarie Hack, who has been volunteering at the Calgary Food Bank for 12 years, organizes donations on Tuesday morning. JENNIFER FRIESEN/FOR METRO

woman for the Calgary Food Bank, said that number will likely rise a bit more in the near future; November and December are their busiest months.

"It started about the summer of 2014, and it's definitely related to the economy," said Ogston. "It peaked, of course, in the beginning of 2015 as the result of layoffs."

Ogston said she could see the pattern taking shape as companies began to thin out before the major layoffs. Numbers fluctuated through the year, with the food bank seeing bumps as EI payments ended. For many of their clients, Ogston said, the food bank is used when there are no options left.

"Specifically, when it comes to those who have been laid off, I find that most people have just used all of their resources, all of their safety nets, whether it's three months of savings, their RSPs they've cashed in or their credit, and now they're in a pickle and they've got to put food on the table for their family," she said.

Ogston also noted Calgary can be an expensive city to live in, and one of the best ways government could help people in crisis is by providing more options for affordable housing.

CLARK TRIAL

Ban lifted on names of parents and child

A publication ban on identifying the Calgary parents accused of causing their baby's death has been overturned.

Jennifer Clark and Jeromie Clark were charged in December 2014 with criminal negligence causing death and failure to provide the necessities of life.

Their 14-month-old son, John, died the day after he was brought to a Calgary hospital in November 2013.

Earlier this month, a provincial court judge at the couple's preliminary hearing agreed to the publication ban requested by Jeromie Clark's lawyer.

Several media outlets challenged the ban and, in a written ruling, a Court of Queen's Bench justice has overturned it.

"There was no evidence before the judge of any harm that could be sustained by the deceased child as a result of pos-

+ COURT DATE

The couple is to appear back in court on Jan. 8 when a trial date will be set in their case.

sibly identifying the names of his accused parents or any balancing performed by the judge of how such harm might be weighed against the deleterious effects of the ban on the free expression of those affected by the ban," wrote Justice Jo'Anne Strekaf.

Police have said the child had a staph infection that was untreatable due to complications from malnutrition. They also said the family has strict dietary restrictions based on faith and nutritional beliefs.

THE CANADIAN PRESS



There was no evidence before the judge of any harm that could be sustained by the deceased child as a result of possibly identifying the names of his accused parents.

Justice Jo'Anne Strekaf, in her ruling

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TOWN HALL

University of Calgary students want answers



Helen Pike
Metro | Calgary

It's a meeting to talk budget, provincial funding, and eyes high strategies. But for students with burning questions, Wednesday's town hall is an open forum to demand answers.

The University of Calgary's budgetary town hall is the first opportunity students have to

question administration on the future of MacEwan Hall as the school and Students' Union enter into a legal debate — not to mention the Enbridge scandal stealing headlines for weeks.

Peter Dormaar, a fourth-year urban design student, will be attending, curious to listen in on how administration will respond to students.

"As a student, and also just having an interest in academic honesty, and academic institutions, I feel like the university

administration has breached the students' trust," Dormaar said. "It's extremely damaging to the merit of the university and it's role in the future."

To increase student turnout, the Students' Union has started a Facebook event to raise awareness entitled: University of Enbridge — Students demanding answers.

"Over the past few weeks students have been coming to me and my fellow executives with questions we can't neces-

sarily answer," said Stephan Guscott, the SU's Vice President Academic. "We can't speak on behalf of university administration."

So far, more than 50 students have said they will attend, with an additional 80 showing interest in the town hall.

"We want to provide suggestions for how students can feel their voice is heard," Guscott said, adding that this event is one of those opportunities.



Jeff Chase and Robin Mazumder met over Twitter last year. They had no idea their idea for a simple snowball fight would grow so big. COURTESY JEFF CHASE

Snowfight as flash mob

WINTER FUN

A snowball's chance ... to unleash your inner child



Aaron Chatha
Metro | Calgary

It's cold, it's wet and chaotic — and if all goes to plan, your inner child has never been more in love with winter.

A year after drawing out 400 people for a massive snowball fight in Edmonton, Jeff Chase and Robin Mazumder are bringing the winter fun to Calgary this December — hoping it will become a bright spot in what could be a dreary season.

"When the weather turns, people seem a little down," said Chase.

"Right now might not be

the greatest time in the city, so snowball fighting gives people a way to leave their worries and come together. It's really just about embracing winter. It appeals to kids and also to kids at heart."

Chase said when most people talk about winter, they complain about getting to work and how bad the roads become.

The duo want something for Calgarians to get excited about — so they've decided not to tell anyone the date, time or location of their massive snowball fight.

Instead, they're collecting phone numbers through their website, and will only text out the details 24 hours before the event, to build anticipation.

During the event they'll also be taking donations for the Calgary Food Bank, but it's not required. Entry is free and open to any age.

Sign up at this website: snowfight.wix.com/signup.

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IN BRIEF

Developer pleads guilty to fire code violations

Local development company, W.R.E. Development Ltd, pleaded guilty to four charges under the Safety Codes Act for violations of the Alberta Fire Code.

The company is charged with failing to ensure two units at the Glenbrook Vil-

lage townhouse complex were equipped with smoke alarms that were properly inspected and tested.

They face a \$32,000 fine.

The Calgary Fire Department responded to a fire at the complex Oct. 30, 2014.

Four residents suffered from smoke inhalation and one from minor burns. METRO



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MOSQUE

Break-in likely not hate crime: Police



Aaron Chatha
Metro | Calgary

Thieves broke into a northeast Calgary mosque on Monday night, in what Calgary police are calling a standard break-in, but mosque officials feel was a crime of hate.

The break-in happened on Monday night, while the mosque's congregation was gathered at City Hall holding a vigil for the victims of the Paris attacks. The mosque was empty and a pry-bar was used to bust open the door. Thieves made off with a donation box and a computer.

Calgary police said the area has been plagued with break-ins recently.

"But there is nothing to indicate, at all, that this is a hate

crime," said a police spokesperson. "Nothing written on the walls. No attempt of arson. This is, in our opinion, a break-and-enter."

Atthar Mahmood, vice president of the Islamic Supreme Council of Canada, feels the timing of the break-in was too coincidental, and believes it had some relation to the backlash Muslims are facing after the Paris attacks on Friday.

"I personally think it does have some relationship to the backlash," he said. Mahmood voiced his concerns on other attacks against mosques and Muslim women in Canada over the past few days.

"Looking at all the effects of yesterday ... I think it's not something anyone can completely rule out. I think it has some sort of relation."

IN BRIEF

Two flee their home after garage, shed burns

Calgary fire crews have extinguished a blaze that ravaged a garage and shed in the city's southeast Tuesday morning. The Calgary fire department responded around 8:40 a.m., to a garage and shed fire on 11 Avenue southeast.

Once on scene, firefight-

ers encountered a fully-involved garage and shed fire, but quickly contained the blaze to the buildings of origin with no damage to neighbouring buildings.

Two people were at home at the time of the fire, but were sleeping and needed to be woken up and removed. No injuries were reported. METRO

Heat map tells a tale of domestic conflict

HOMEFRONT

Police respond to two calls an hour every day, data show



Lucie Edwardson
Metro | Calgary

A blob of red covers a map of the city. Showing no discrimination geographically or economically, it paints a vivid picture of the realities of domestic abuse in Calgary.

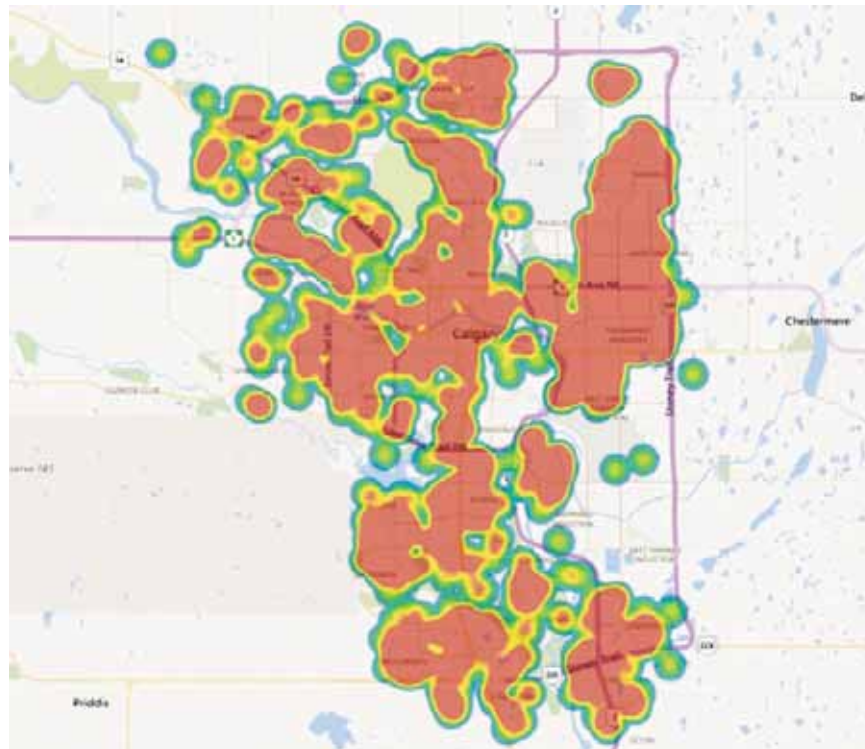
Maggie MacKillop, executive director of HomeFront, a non-profit organization in Calgary that collaborates with the justice system, police and community agencies to free families from domestic violence, said the heat map is their way of illustrating the truth about domestic abuse in Calgary.

"It really just gives you that visual that domestic violence is everywhere," she said. "It doesn't know any socio-economic place, gender, age, race, it's everywhere. And when you see that heat map that visual tells that story."

Over the past year Calgary has seen many serious incidents, some resulting in death, because of domestic abuse, most recently the murder of Selamawit Alem and her client Julie Tran, at the hands of Alem's son Emanuel Kahsai.

MacKillop said although some might say it doesn't apply to them or impact them, it's likely the reality of someone they know.

"What we're trying to do



The heat map uses HomeFront data to show where domestic abuse happens in the city.

CONTRIBUTED



It really just gives you that visual that domestic violence is everywhere.

Maggie MacKillop

is normalize the conversation about domestic violence so that the people who need support and who are experiencing it get the help they need," she said.

According to HomeFront, CPS responds to two calls every hour of every day related to domestic conflict, and the problem is on the rise.

Staff Sgt. Rob Davidson with the Calgary police said it's important for everyone to know the services that are available to those experiencing domestic violence, so that they can access them themselves, or point someone else in the right direction.

"There are shelters, there's counseling, there's victim ser-

vices — we need people to reach out and let us know these events are occurring and we can get the appropriate resources in place."

MacKillop said HomeFront is rolling out their fundraising campaign called, "Cool It, Calgary!" which is aimed at encouraging Calgarians to play a role in reducing the heat of domestic violence in our city.

To donate to their cause of "reducing the heat" of domestic violence in Calgary, visit www.homefrontcalgary.com.

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CLOVER LIVING

UNIVERSITY OF CALGARY

Recruitment event targets male nurses



Jeremy Simes
For Metro | Calgary

Third-year nursing student Mackenzie Margetts thinks Gaylord Focker is the first thing that comes to mind when people think of male nurses.

So, he hopes to change that image of Ben Stiller's Meet the Parents character, through a recruitment event geared for guys looking to enter the profession.

In high school, Margetts wanted to become a surgeon

— it's what any guy would want in a career: "respect, authority and money," he said.

He changed his mind, however, when one his classmates in university convinced him that nurses are leaders and can work independently.

"When he originally suggested it, I dispelled it — I wanted to be a doctor and I didn't want to be considered feminine," said Margetts, president of the Nursing Guys Club at the University of Calgary.

"But when he presented it as a leadership role and how hands-

on the program is, I applied right away and was accepted. I can basically get it all in nursing and can be ready to work after four years of university."

Tyler Hume — a nurse who works in the neurosurgery unit at the Foothills Medical Centre — started the club to dispel stereotypes as more men enrolled, though women still dominate the profession.

The high school recruitment event will be held at 6:30 p.m. Wednesday in Room 222 in the Professional Faculties Building at the University of Calgary.



Stereotypes associated with male nurses still exist, says Mackenzie Margetts.

JEREMY SIMES/FOR METRO



Syrian refugee children play at a settlement on the outskirts of Mafraq, Jordan, in October. Refugees from Syria won't be coming to Canada from a single camp. THE ASSOCIATED PRESS FILE

Logistics challenge refugee planners

IMMIGRATION

Getting 25,000 Syrians to Canada is a complex task

First came the announcement of the 25,000 Syrian refugees' fast-tracked arrival in Canada. Now come the logistics.

Admittedly, there are plenty of problems. Although numbers ramped up recently, the Harper government cut immigration staff and shrank refugee budgets over the past decade, making it more difficult to process thousands of people in the six weeks left until the end of the year. Or even the longer period that has been hinted at.

But consider the sheer logistics of getting 25,000 mainly

Arabic-speaking Syrians from Lebanon, Turkey and Jordan to Canada without mishaps, missteps and the numerous setbacks that face even ordinary travellers.

"I was one of those urging caution," says Howard Adelman, who launched a national campaign in 1979 that brought 60,000 Indochinese "boat people" to Canada in 24 months. But he added, "there

was so much enthusiasm that I changed my mind."

Scott Mullin, labelled the "One-Man Board of Immigration" during the airlift of Vietnamese refugees from Sham Shui Po refugee camp in Hong Kong, processed thousands of people, sending off a flight every two to three days.

But he said, this operation will be more unpredictable and difficult, because the Syr-

ian refugees won't be coming from a single camp.

Even when they reach the airports, "flying is complicated. There are baggage limits. Women have babies. Elderly people die. And then there's someone who forgot to add their nephew to their documentation papers, so you have six people instead of five."

Military rather than chartered commercial transport may be a less complex way of travel, and better equipped for dealing with security problems and emergencies, says Walter Dorn, a professor of defence studies at Royal Military College of Canada. But he warns, it's more expensive and military aircraft aren't outfitted for large numbers of passengers. "They're meant for transporting troops who are habituated to travelling in rougher conditions." TORSTAR NEWS SERVICE

+ SECURITY

Screening process contains several steps

Normally, government-sponsored refugees go through three levels of intense screening for criminality, war crimes and medical needs.

Officials with the United

Nations High Commissioner for Refugees conduct detailed interviews and identity checks in the country of first asylum.

The registration data is entered into an interconnected global system.

TORSTAR NEWS SERVICE

SECURITY

Two Paris-bound flights diverted



Philip Croucher
Metro | Halifax

An Air France flight destined for Paris from Washington was diverted into Halifax Tuesday night due to a bomb threat.

Peter Spurway, spokesman for the Halifax Airport Authority, said Flight 055 landed safely at Halifax Stanfield International Airport at 10:15 p.m. and the airport was operational.

The 298 passengers and crew on board the Boeing 777 were then evacuated from the plane.

When asked why the plane made the unscheduled landing in Halifax, Spurway referred

questions to the RCMP.

In a series of tweets issued at about 12:10 a.m. Wednesday, the RCMP confirmed a bomb threat was made and after safely landing, several different agencies assisted in getting the passengers and crew safely off the aircraft.

"(RCMP) will be searching the Air France plane using police dogs trained in explosives," one of the tweets read.

Also Tuesday night, U.S. officials say an Air France flight bound for Paris from Los Angeles was diverted to Salt Lake City because of security concerns.

WITH FILES FROM
THE ASSOCIATED PRESS

IN BRIEF

Hidden knife leads to arrest on Parliament Hill

The Mounties arrested a man carrying a hidden knife outside the Parliament Buildings on Tuesday, as security forces remain on high alert following the deadly terror attacks in Paris and Beirut.

The Parliamentary Protective Service apprehended the man outside Centre Block and took him into custody, said RCMP Cpl. Valerie Thibodeau. Charges were pending.

MICHAEL WOODS/METRO IN OTTAWA

More Canadian troops to join training mission

Canada will deploy more troops to help train local fighters battling Islamic State extremists as part of Canada's renewed commitment to the anti-terror fight, Prime Minister Justin Trudeau says.

Trudeau confirmed Tuesday that a beefed-up training mission will mark the core of Canada's changing contribution to the coalition fight against extremists in Iraq and Syria.

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EUROPE

Activists urge open borders

Europe must resist the urge to seal its borders to refugees and asylum seekers in the wake of the deadly attacks in Paris last week, Amnesty International said today.

The human rights group is calling for safe, legal routes for the refugees to reach Europe and efficient screening processes to allow them to stay.

"Giving in to fear in the wake of the atrocious attacks on Paris will not protect anyone," John Dalhuisen, Amnesty's director for Europe and Central Asia, said in a statement.

"The numbers fleeing persecution and conflict have not gone away, nor has their entitlement to protection. In the wake of this tragedy, the failure to extend solidarity to people seeking shelter in Europe, often after fleeing the very same kind of violence, would be a cowardly abdication of responsibility and a tragic victory for terror over humanity."

Irregular arrivals into the European Union totaled about 500,000 in September alone, compared to 280,000 in all of last year, Amnesty said in "Fear and Fences: Europe's Approach to Keeping Refugees at Bay."

The report details human rights abuses and push-backs on the border between Spain and North Africa, along the dangerous eastern Mediterranean route via Turkey and on the borders of Macedonia, Serbia and Hungary.

European Union countries have built more than 235 kilometres of fence along their borders, Amnesty found.

A 23-year-old Palestinian refugee from Syria described being held in a dirty police cell in Greece before being sent back to Turkey.

"I was shaking from hunger and one of my friends was looking really white. I got really angry and started shouting that they would be responsible for what happened to us and that we needed food and water. The children hadn't eaten for two days and neither had we," he said.

TORSTAR NEWS SERVICE



A refugee crosses the Greek-Macedonian border Tuesday.

GETTY IMAGES



People observe a minute of silence on Monday outside the La Belle Equipe — one of the targeted shooting sites — on Rue de Charonne in the XI arrondissements in Paris. JACQUES DEMARTHON/AFP/GETTY IMAGES

Café des Anges: A living memorial to its victims

Paris Staff regularly traded back and forth with La Belle Equipe



**Marco Chown Oved
IN PARIS**

A short walk from the public mourning in Place de la République and the bouquets at each shooting site is a café that doesn't appear to have any connection to the November 13th terror-

ist attacks.

But if you go past the round tables lined up along the sidewalk and through the blue French doors on the corner, it becomes clear the Café des Anges is a living memorial to its victims.

Five current and former employees as well as six regular customers were killed at La Belle Equipe, an establishment so intertwined with this one that they traded staff back and forth.

More than two dozen friends had gathered there on the fateful evening to celebrate waitress Houda Saadi's 35th birthday. They were sitting on the terrace and bore the brunt of the assault when it came. Many are still in



We have always had people that come from everywhere, from every country, every religion. Christians, Muslims, Orthodox, everyone.

Café des Anges manager Virgile Grunberg

hospital. Eleven didn't make it.

Among the dead are Hodda and her older sister Hamila, 36, bartender Lacrimioava (Lacri) Pop and her partner Ciprian Calciu, waitress Michelli Gil Jaimez, 27, former bartender Guillaume Le Dramp, 33, and regulars Ludovic Boumbas, René Bichon and Hyacinthe Koma.

"Just thinking about it brings

back images, very graphic images," said Café des Anges's manager Virgile Grunberg.

One invitee showed up late and found police tape and carnage where the party was supposed to be. A pair of brothers dragged their dying sisters from the chaos and desperately performed CPR as they waited for help to arrive.

I spent most of the day with Grunberg and his staff and watched them put on a brave face as the lunchtime rush arrived. They poured coffee, cleared tables and hauled cases of wine up from the basement, all while stopping to chat with those who came by to pay their respects, and greeting regulars with a hug instead of the customary bisous.

"We are all very close, the staff, the customers," Grunberg said. "This is a neighbourhood café. People come everyday and they tend to spend a lot of time here. We're all part of each other's lives."

Axel, a bartender, put it more succinctly: "we're family."

TORSTAR NEWS SERVICE

FRANCE

French police continue hunt

France's defence minister says 10 French fighter jets are carrying out new airstrikes on Islamic State of Iraq and the Levant (ISIL) group targets in Syria.

Minister Jean-Yves Le Drian says the jets have carried out new raids Tuesday evening. Speaking on TF1 TV, the French defence minister said France will have 36 fighter jets in the region capable of carrying out airstrikes on ISIL targets once the Charles de Gaulle aircraft carrier reaches the zone. The carrier embarks

+ MOSCOW

A sombre President Vladimir Putin ordered the Russian missile cruiser Moskva, currently in the Mediterranean, to start co-operating with the French military on operations in Syria.

from Toulon on Thursday.

Meanwhile, French police are hunting for a second fugitive directly involved in the deadly Paris attacks, officials

said Tuesday, as France made an unprecedented demand that its European Union allies support its military action against the ISIL group.

French and Belgian police were already looking for a key suspect, 26-year-old Salah Abdeslam, whose suicide-bomber brother, Brahim, died in the attacks Friday night that killed at least 129 people and left over 350 wounded in Paris. ISIL militants have claimed responsibility for the carnage.

THE ASSOCIATED PRESS



French warplanes are shown bombing operational sites at the Islamic State of Iraq and the Levant's Syria stronghold Raqqa. Tuesday marked France's third consecutive day of airstrikes against jihadists. AFP PHOTO/ ECPAD/EMA



House Speaker Paul Ryan, joined by House Majority Whip Steve Scalise, left, meets with reporters on Capitol Hill in Washington, Tuesday, following a GOP strategy session. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

U.S. leaders seeking 'pause' on refugees

GOVERNMENT

Democratic governor joins Republicans in mass backlash

It is not clear that any of the Islamic State of Iraq and the Levant (ISIL) terrorists who attacked Paris last week was a Syrian refugee. But early reports that one attacker entered Europe on a refugee boat to Greece, with a Syrian passport (now believed to be fake), have prompted an immediate and fierce back-

lash from Republicans across the U.S.

Twenty-nine Republican governors have declared this week that their states will not accept Syrian refugees. The list includes the leaders of not only deeply conservative states like Idaho and Alabama but also Massachusetts, Maryland and even Michigan, which already has a large Syrian population.

Governors don't actually have the power to decide who moves to their states once accepted into the country by the federal government. But they can deny support to programs that help refugees survive and

CONTROVERSY

Paul Ryan asks for break

The new Speaker of the House called Tuesday for a "pause" in the intake of Syrian refugees. "This is a moment where it is better to be safe than to be sorry," Paul Ryan said. He wants the government "to better guarantee that members of (ISIL) are not infiltrating themselves among the refugee population."

integrate, and they can try to pressure Washington to direct refugees somewhere else.

New Hampshire Gov. Maggie Hassan, a Democrat, gave Republicans political cover Monday when she called for the federal government to "halt acceptance of refugees from Syria" until U.S. security officials can ensure the refugees are being sufficiently vetted.

President Barack Obama, who has himself faced criticism for refusing to accept a larger number of Syrians, said it is "shameful" to suggest a religious test for refugees. "A new low," Democratic frontrunner Hillary Clinton agreed on Twitter.

TORSTAR NEWS SERVICE

GERMANY

Soccer game halted due to bomb threat

The friendly soccer game between Germany and the Netherlands was cancelled at short notice due to the serious threat of an attack at the stadium on Tuesday.

"We had concrete evidence that someone wanted to set off an explosive device in the stadium," Hannover police chief Volker Kluwe told German TV.

Referring to another bomb threat about an hour beforehand that turned out to be a false alarm, Kluwe said, "After the first object turned out to be harmless, we got a tip that had to be taken seriously that an attack was being planned."

Lower Saxony Interior Minister Boris Pistorius, speaking at a late news conference, said no explosives had been found by then, and no arrests had been made.

Pistorius said there was no confirmation of rumours that an explosive device was



Two police officers stand in the stadium in Hannover, Germany. MARKUS SCHREIBER/THE ASSOCIATED PRESS

placed in an ambulance or another vehicle inside or outside the stadium.

Federal Interior Minister Thomas de Maiziere told the same news conference that indications of a planned attack became stronger as the match approached, and that the game was called off at his recommendation.

THE ASSOCIATED PRESS

SOLIDARITY

French, English soccer teams unite in defiance

Uniting in a symbol of defiance and respect, players and fans of the French and English soccer teams delivered a moving display of solidarity at Wembley Stadium four days after the deadly

attacks in Paris. A touching pre-game ceremony saw supporters sing the French national anthem as one, before the squads came together around the centre circle to observe a minute's silence in honour of the 129 people killed. THE ASSOCIATED PRESS

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Cuban migrants rest near the immigration office in Peñas Blancas, Costa Rica. More than 1,000 Cuban migrants heading north to the United States tried to cross the border from Costa Rica into Nicaragua. ESTEBAN FELIX/THE ASSOCIATED PRESS

Costa Rica poses a migrant 'corridor'

CENTRAL AMERICA

Tensions rise as Cubans are pushed back by Nicaragua

Costa Rica on Tuesday proposed the creation of a "humanitarian corridor" for Cuban migrants transiting Central America en route to the United States as their numbers swell at its northern border with Nicaragua.

Foreign Minister Manuel Gonzalez said in a radio interview that there must be a co-ordinated solution for the Cubans, who are currently being blocked by Nicaraguan soldiers from entering the country.

"We have nearly 2,000 people at the border," Gonzalez said. "We have to do something with them, give them a solution. They want to continue. Even though a government sends the army after a peaceful migrant population, they are going to find a way to go."

Nicaraguan troops forcefully pushed the Cubans back into Costa Rica on Sunday.

Dagoberto Fernandez, a Cuban mechanic travelling with his pregnant wife, said they began their journey from Ecuador and had no problems until now.



Even though a government sends the army after a peaceful migrant population, they are going to find a way to go.

Foreign Minister Manuel Gonzalez

"Everyone that we have encountered since leaving Ecuador is behaving well. The problem began upon arriving at the border with Nicaragua," Fernandez said.

"We don't want to stay. We

don't want problems," he said. "We're a group of human beings trying to achieve their dream: arrive in the United States."

Costa Rica announced Friday that it was issuing special seven-day transit visas for Cuban migrants.

The proposed humanitarian corridor would seek to protect their rights as they travel north through Central America.

There has been a surge in the number of Cubans trying to reach the United States in recent months.

Many would-be migrants from the island fear that the reestablishment of diplomatic ties between Washington and Havana may bring an end to decades-old policies allowing Cubans who reach U.S. soil to stay, although U.S. officials say no change is currently being contemplated.

Ecuador does not require Cubans to obtain visas, so many begin their journey there.

Tensions between Costa Rica and Nicaragua have risen in recent days over the Cuban migrants. THE ASSOCIATED PRESS

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MURDER TRIAL

Jury shown surveillance tape of wife's final moments

A jury on Tuesday viewed a surveillance video depicting the final moments of a young wife's life before she was fatally shot by her husband, who later posted a photo of her dead body on Facebook and insists he fired in self-defence.

The video, from one of several cameras at the couple's South Miami home, shows no evidence that 27-year-old Jennifer Alfonso was physically attacking Derek Medina as he claims before he gunned her down in their kitchen in August 2013. But the video angle also does not capture everything that happened in the kitchen, nor the shooting itself.

Two police officers who dealt with Medina the day of the slaying testified that he never asked

for medical attention and showed no evidence of physical injury. Medina told police in a videotaped statement played earlier in his trial that Alfonso regularly abused him and had been hitting and pushing him forcefully before the shooting.

Earlier, police photos introduced as evidence showed no marks indicating any fight on Medina's body or head and no cuts or scratches to his hands.

In the surveillance video, Alfonso is shown going in and out of the couple's kitchen, at one point washing a few dishes and at another briefly opening and closing the townhouse's front door. Medina comes into the kitchen and both are off camera, then he leaves and comes back

— which is when the shooting happened.

Puffs of gunpowder are seen swirling around the camera. Medina appears to use his cellphone to take the Facebook photo and leaves the house after changing clothes. He later turned himself in to police.

Prosecutors said Tuesday they are close to wrapping up their case, after which the defence will begin putting on its witnesses. It's not yet clear whether Medina will testify. He faces life in prison if convicted of first-degree murder. He's also charged with illegal discharge of a weapon and child neglect because Alfonso's 10-year-old daughter was in the home when her mother was killed.

THE ASSOCIATED PRESS

DEATH ROW

Texas to execute man for killing three in fire

Texas inmate Raphael Holiday is set for lethal injection Wednesday evening for setting fire to a log cabin and killing his toddler daughter and her two young half-sisters 15 years ago.

It's a crime he says he did

not commit.

"I loved my kids," Holiday, 36, said recently from a visiting cage outside Texas' death row. "I never would do harm to any of them."

A jury found him responsible for the fatal blaze, however. Holiday would be the 13th prisoner executed this

year in Texas, which carries out the death penalty more than any other state, and 26th convicted killer executed nationally this year.

The U.S. Supreme Court in June refused to review Holiday's case and no additional appeals were planned.

THE ASSOCIATED PRESS

Fast-food fight over breakfast

RESTAURANTS

Rivals try to lure customers from leader Tim Hortons

Doug Fisher tries to steer clear of fast food for breakfast, but once in a while the president of food service consultancy firm FHG International Inc. in Toronto has one of Starbucks' decadent egg sandwiches.

"Breakfast is a hot item, and it's an open market," he says.

The giants are locked in a battle for your breakfast business. Fisher says

they're all trying to lure you away from top player Tim Hortons which has over half the morning market share among "quick service" chains. McDonald's has been the most successful at stealing market share from Tims with its wildly popular coffee and McCafé of-

ferings, Fisher says.

Breakfast accounts for 27 per cent of all fast food revenue, up from 20 per cent last year. According to research firm NPD Group, the morning meal (breakfast and early snack) actually surpassed lunch in 2014 as the industry's biggest business "day part" in Canada. It accounts for 35 per cent of all fast food traffic compared to 25 per cent at lunch, says NPD.

Most of the giants have launched new breakfast menu

items recently. They range from so-called healthy fast food to traditional, higher-calorie fare, says marketing professor Ken Wong at the Smith School of Business at Queen's University. The Egg McMuffin, which was intro-

duced in Canada in 1976, is still among the lightest menu items at 290 calories. Tim Hortons offers some brekkie sandwiches under 300 calories. At the other end of the scale, Burger King's Enormous Omelette Sandwich weighs in at 750 calories.

TORSTAR NEWS SERVICE



McDonald's Egg McMuffin

TORSTAR NEWS SERVICE



The big players are pulling out all the stops to get your breakfast business. Doug Fisher is president of food service consultancy firm FHGI in Toronto and likes Starbucks but also enjoys the odd McDonald's breakfast sandwich. TORSTAR NEWS SERVICE

DIAMOND EXPLORATION

De Beers is seeking support

An exploration team from De Beers Canada was expected to be in northern Ontario's remote Weenusk First Nation on Tuesday, to seek community support to conduct diamond exploration work.

Weenusk First Nation, or Peawanuck, is a small community of nearly 400 people, 1,400 kilometres north of Toronto, on the shores of the Winisk River.

The Cree community is divided on whether or not they support mining in their ecologically sensitive and undisturbed traditional lands. Many

"I have already said what I had to say and I'm not interested."

Georgina Pepan

live off the land, fishing and hunting caribou. They are concerned about the consequences of mining development.

De Beers is one of the world's largest diamond mine companies, operating with its partners in 20 countries across

five continents. Each year, the company pulls 600,000 carats of diamonds out of the Victor Diamond Mine, 90 kilometres west of Attawapiskat First Nation. But the Victor Mine nears the end of its life span in four years. De Beers is now looking for fresh sources for diamonds.

Weenusk band councilor Georgina Pepan said she is not going to the meeting on Tuesday. "I have already said what I had to say and I'm not interested in mining," said Pepan, she added the chief will also not be in attendance as he is out of town. TORSTAR NEWS SERVICE

Apple Pay available here, but not for all

Apple Pay officially launched in Canada on Tuesday, but only a small number of Canadians will be able to make purchases with their mobile phones at first.

The mobile payments app allows users to upload credit card data to their Apple devices and use it for tap-to-pay systems or in-app purchases.

Apple said seven retailers, including Tim Hortons, Petro-Canada and Indigo Books and Music, will accept payments

at first, with more to come.

Yet most Canadians won't be able to use Apple Pay immediately because it currently accepts only American Express cards issued by Amex Bank of Canada and the tap-and-pay system only works with the iPhone 6 and 6S models.

That means no Visa or MasterCard, which together account for more than 90 per cent of the Canadian market.

THE CANADIAN PRESS

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The Power to Surprise

ROSEMARY WESTWOOD

Hate-crime headlines and anti-immigrant sentiment don't completely describe this country. There are 35 million people in Canada. And the vast majority of them are not attacking Muslims right now.



A few things have happened to Farheen Khan since terrorists attacked Paris.

Yesterday, as she was getting ready to leave her house, her mother told her to make sure she called, to say that she's safe.

In the wake of hate crimes against Canadian Muslims, there's "fear, that we need to be careful," said Khan, a Mississauga writer, community activist, former NDP candidate in the last election and a Muslim who wears a hijab.

Then later yesterday, gasping up her car, an elderly man was watching her intently. "It looked like he wanted to say something." But instead he offered a deep, heartfelt smile. Khan sensed he "wanted to say I'm sorry that you're going through this."

You might think Islamophobia is sweeping this country: A Molotov cocktail tossed into a Peterborough mosque; a Toronto woman attacked in what police are calling a crime "motivated by hate;" a misguided woman with a sign on her lawn asking Muslims if they're sorry for what their "brothers" did in Paris.

More than 60,000 have signed a petition to slow Canada's acceptance of Syrian refugees. Saskatchewan's premier and Quebec City's mayor are both questioning the Liberals' plan — to offer a new home to 25,000 Syrians fleeing their country's civil war.

The hate-motivated crimes are "heinous and tragic," Khan said. But they have also lead to examples of support, like the Peterborough mosque. "You see the community rally

together and try to raise money for this mosque." Loud voices support Canada's refugee commitments, too.

Islamophobia in Canada has peaks and lulls. Like after 9/11, we're in a peak,



(ISIL) have nothing to do with the average Canadian Muslim, or the average Muslim, period.

Farheen Khan

Khan said.

"There needs to be a distinction. In a lot of people's minds we need to be able to create that sense that, you know what, an extremist group — they're an organ-

ized crime agency, they have nothing to do with the average Muslim Canadian or the average Muslim, period."

Khan added that clearly, education must continue.

"The last 10 years that we've been under the Harper Conservatives really added fuel to the fire. We've gone a little backwards."

We'll see if the new tone of the Liberals helps change things, Khan said. And she agreed with me that hate-crime headlines and anti-immigrant sentiment don't completely describe this country.

There are 35 million people in Canada. And the vast majority of them aren't attacking Muslims right now.

When we give in to fear and bigotry, the extremists win



Michael Coren
For Metro

I am currently in London, England, and the ripples from the Paris massacre are still being felt in this enormous city. It was all the more biting for me as our eldest daughter lives in Paris. Thank God she's okay, but one of her friends was shot in the arm. Proximity and love make it all so grotesquely real.

So, however, do the responses; especially when they are thoughtless, reactionary and soaked in rhetoric.

The mood here is that if we are to defeat these gargoyles of immorality, we must maintain our cultural superiority. And that culture consists of tolerance, religious pluralism, gay and women's rights, the rule of law and the acceptance of the stranger. To compromise on this would be to allow ISIL to win.

Yet within moments of the attack, not only social media but mainstream newspapers were calling not just for severe responses against ISIL — which is entirely justified — but warning against anybody perceived as a

threat. Namely: Muslims and migrants.

The truth, however, is that the overwhelming majority of Muslims not only detest ISIL but are its first victims. As for migrants, the very reason many of them are fleeing is to escape Islamist barbarism. That feeling is strong in London, but I'm not so sure it's the case across the Atlantic.

As for increasing the military campaign against the terror group — and perhaps we have to do so — we should also remember that it was the Gulf War, the western coalition's invasion of Saddam's Iraq, that destabilized the region and led to the very anarchy we now see. If you doubt me, think back to the situation before that campaign took place.

So the West is hardly free of blame in all this, and to now see armchair warriors writing bellicose columns is nauseating. Every time we make a sweeping statement about Islam, call on borders to be closed or call for migrants to be treated like potential terrorists, we play into the hands of ISIL and empower the very people we claim to oppose.

I have written an entire book about the persecution of Christians by Islamic extremists, and am not some naive fool who doesn't understand how the Muslim faith can be twisted. But I also know true Islam and true Muslim people.

As a submachine-gun-carrying British cop said to me just hours after the massacre, "These bastards have to be stopped." His name was Mohammad.

The West is hardly free of blame in all this, and to now see armchair warriors writing bellicose columns is nauseating.

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Charlie Sheen on life with HIV

THE ANNOUNCEMENT

Actor reveals diagnosis to end extortion, reduce stigma

Former Two and a Half Men star Charlie Sheen has HIV.

In an interview Tuesday on NBC's Today, the 50-year-old

actor said he tested positive for the virus that causes AIDS about four years ago, but that, thanks to a rigorous drug regimen, he's healthy.

When asked by co-host Matt Lauer if he had transmitted the disease to others, he declared, "Impossible. Impossible," and insisted he had informed every sexual partner of his condition beforehand.

Since his diagnosis, he has

had unprotected sex with only two partners, he said, adding, with no further clarification, "They were under the care of my doctor and they were completely warned ahead of time."

He said one reason for going public with his condition was to put a stop to shakedowns from prostitutes and others who

threatened to out him.

He said one prostitute took a photo of the HIV-related drugs in his medicine cabinet and threatened to sell that photo to the tabloids.

He said he had paid "enough to bring it into the millions" — perhaps as much as \$10 million — to buy their silence and now was seeking to "put a stop to this barrage of attacks and sub-truths."

"Are you still paying these people?" Lauer asked him.

"Not after today I'm not," said Sheen, who during his appearance appeared jumpy and spoke in stuttering bursts.

Asked by Lauer if he expected "a barrage of lawsuits" from past sexual partners alleging he infected them, he said wanly, "I'm sure that's next."

With his public pronouncement, Sheen said he hoped to

reduce the stigma and shame still felt by some others diagnosed with HIV, as well as by those who are reluctant to be tested in the first place.

"I have a responsibility now to better myself and to help a lot of other people," he said. "And hopefully with what we're doing today, others may come forward and say, 'Thanks, Charlie, for kicking the door open'."

THE ASSOCIATED PRESS

WHAT TO KNOW

AIDS activists react

Three Toronto social workers talked about what they hope people will take away from the Sheen's HIV-positive reveal.

DO

...practice what you tweet

"People are much more willing to talk about HIV and show compassion and that's incredible," says Murray Jose-Boerbridge, executive director of the Toronto People with AIDS Foundation. "The next hurdle there is to actually take that to action."

...start treatment right away

"What we're hearing ...is it's really important to start your treatment right away when you find out," says Jocelyn Watchorn, the AIDS Committee of Toronto's director of support services.

...disclose to your children at your own pace

Sheen spoke about coming clean to his 31-year-old daughter Cassandra. "It's helpful when the parents themselves have done a lot of work in terms of their own acceptance of HIV," says Nicci Stein, executive director of the Teresa Group, which advocates for children and families affected by HIV and AIDS.

DON'T

...talk about HIV like it's a karmic punishment

"People always think, 'I'm not that kind of person, therefore I'm fine'," Stein says. "There's such a wide variety of people who are living with HIV through all sorts of circumstances."

...assume Sheen represents all HIV-positive people

"I'd hate to see discussion or resources move to follow the trend of a star. The vast majority of people living with HIV continue to be gay men or other individuals who are experiencing societal gaps," says Jose-Boerbridge.

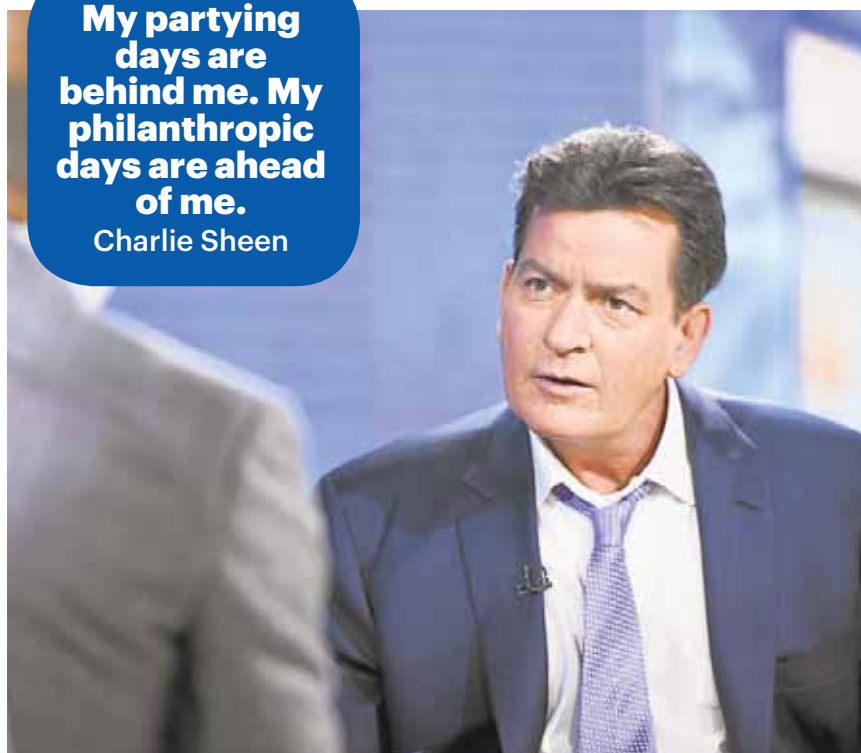
...underestimate the value of a celebrity ally

"He has the capacity and he certainly has the following to actually raise provocative conversation," Jose-Boerbridge says. "To actually challenge people to really think."

TORSTAR NEWS SERVICE

My partying days are behind me. My philanthropic days are ahead of me.

Charlie Sheen



Charlie Sheen in an interview Tuesday said he tested positive four years ago for the virus that causes AIDS. NBC/THE ASSOCIATED PRESS

SOME FACTS ABOUT HIV

- Cocktails of powerful medications have turned HIV into a manageable chronic disease for many people who can afford them. Those drugs also reduce the amount of HIV virus circulating in the body, what's called the "viral load," often to undetectable levels. That, in turn, reduces their chance of transmitting HIV to sexual partners, one reason that health officials urge early treatment.

- There is no vaccine. Condoms if used consistently and correctly are highly effective at preventing sexual transmission. Also, a daily pill sometimes is prescribed for healthy people to help prevent them from becoming infected by partners who have the virus, something called "pre-exposure prophylaxis" or PrEP.

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'Tis the season for slow cooker meals

QUICK RECIPES

Try these fun dishes that are perfect for busy families

Ceri Marsh & Laura Keogh
For Metro Canada



We're going to tell you the one thing that is certain to make your life easier. And you're likely going to be surprised that it's a kitchen appliance. However, if you need to get meals on the table for your family everyday, without fail, then a slow cooker is truly your savior.

We know — it's wildly unsexy, but this magical appliance is the easiest way to deliver home-cooked meals without all the, well, you know, being home and cooking.

Whether you toss your dinner in the pot in the morning and head out the door to work or fill it with goodness before you go to bed, your family is always guaranteed a hearty and delicious meal.

Here are three of our favourite slow cooker dishes you can get on the table this week.

FOR MORE MEAL IDEAS, VISIT
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DINNER BUTTER CHICKEN

You won't believe how good the house smells when you come through the door to this healthy recipe that doesn't actually use a drop of butter but delivers double on creamy and rich flavour.

Ready in

Prep time: 10 minutes
Cook time: 6 hours

Ingredients

- 2 lb chicken thighs or breasts, cut into bite-sized pieces
- 1 onion, chopped
- 3 or 4 cloves of garlic, minced
- 1 tsp minced ginger
- 147 ml tube of tomato paste
- 1 heaping Tbsp curry
- 1 x 400 ml coconut milk
- 1/2 cup Greek yogurt
- 1/4 cup milk
- 2 Tbsp coconut oil
- small handful of cilantro for garnish

LUNCH CHICKEN CHILI TACOS

If your family doesn't already have a taco day then you'll definitely want to start the tradition with this juicy and tender chicken dish.

Ready in

Prep time: 10 minutes
Cook time: 6 hours

Ingredients

- 6 boneless, skinless chicken thighs
- 1½ cups prepared pico de gallo or salsa
- ¼ cup fresh lime juice
- 2 tsp cumin seeds, lightly toasted
- ¼ cup chopped fresh cilantro
- 12 taco shells

Directions

1. Place the chicken, pico de gallo or salsa, lime juice and cumin seeds in a slow cooker and stir to combine. Cover and cook on low for 6 hours.
2. Allow to cool a bit. Scoop the chicken out with a big slotted spoon and place it in a large bowl. Use two forks to pull the meat apart. The chicken will shred easily. Stir in some cooking juices from the pot and add the cilantro.
3. Place the shredded chicken, your taco shells and desired fixings on the table and let everyone put together their own perfect taco.



Let your family top their tacos with their favourite ingredients. This recipe serves four. MAYA VISNYEI

BREAKFAST PB AND BANANA SANDWICH OATMEAL

This morning bowl of oats is like your favourite childhood flavours all rolled together in one bowl.

Ready in

Prep time: 10 minutes
Cook time: 8 hours

Ingredients

- 1 1/4 cups steel cut oats
- 2 cups almond milk
- 1 cup milk
- 1 cup water
- 1 Tbsp flax meal
- 1 Tbsp chia seeds
- 1 tsp real vanilla extract
- 1/4 tsp salt
- 1/3 cup chunky or smooth peanut butter
- 1 ripe banana, sliced
- 1 tablespoon honey
- 1 tablespoon brown sugar

Directions

1. Add oats, almond milk, milk, water, flax meal, chia seeds, vanilla extract, salt and peanut butter into your slow cooker. Give it all a stir with a whisk to break up the peanut butter.



This recipe serves four. MAYA VISNYEI

2. Arrange banana slices across the top. Drizzle with honey and then sprinkle the brown sugar. Cover and cook on low for 8 hours.

3. In the morning, scoop oatmeal out of slow cooker, pour in splash of almond milk and garnish with toasted, sliced almonds and some shredded coconut.

LIQUID ASSETS A NEW WAY TO LOOK AT FRANCE'S BEAUJOLAIS

With word that the 2015 harvest in France's Beaujolais produced fruit worthy of classic vintage status; tomorrow's release of the region's Nouveau wines might just turn into, well, an event.

The first juice pressed from French vineyards, Nouveau had its heyday back in the late '70s when wine-makers would race to be the first to unveil their wines at Parisian bistros.

While it still gets the spotlight in Europe, North American snobs complain that Nouveau wines are too expensive and as flimsy as a cheap shower curtain. Always up for a glass of wine

on a cold November night, I've kept a more open palate when approaching Nouveau. At an average price of \$14, those made with the hand-picked grapes from the broader Beaujolais appella-

tion cost about as much as an average Aussie Shiraz. Joseph Drouhin's 2015 Beaujolais-Villages Nouveau (\$15.95-\$18.99) comes from the vineyards surrounding a smaller group of villages.

Loaded with red berry fruit; like all Nouveau it shines brightest after a slight chill. PETER ROCKWELL/ FOR METRO CANADA



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+ EMOJI USAGE ON THE RISE**Oxford's Word of the Year for 2015 is not a word**

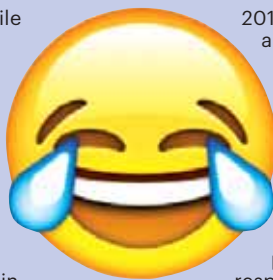
For the first time, the Oxford Dictionaries Word of the Year for 2015 is not a word but an emoji.

The pictograph is officially called the 'Face with tears of joy,' and shows a happy face crying tears.

To choose from the many types of emojis in use, Oxford University Press

worked with mobile technology business SwiftKey to track the most popular symbol used around the world in 2015.

In the U.K., the happy crying face made up 20 per cent of all emojis sent in



2015, while it also made up 17 per cent of emojis used in the U.S. That compares to four and nine per cent respectively the

year before.

Likewise the use of the word emoji, which first entered the English language in 1997, has more than tripled in 2015 compared to 2014.

'Emoji' differs from the word 'emoticon' which is composed of keyboard characters to form facial expressions such as ':)'.
AFP



Master of None star and creator Aziz Ansari has made the perfect show about the minutiae of awkwardness. HANDOUT

JOHANNA SCHNELLER
WHAT I'M WATCHING

Aziz Ansari speaks to his generation

MASTER OF NONE, SEASON 1, EPISODE 5 (NETFLIX)

Dev (series creator and star Aziz Ansari) and a married woman (Claire Danes) are caught in flagrante by her husband Mark.

"I'm going to leave, and this time I'm leaving for good!" Mark rages to her.

Then he wheels on Dev, who is clad only in undershorts: "Why are you still here?" "I thought it might be awkward if we were in the elevator together," Dev replies. "Would you like to go first, or should I go first?" Mark stares at him in disbelief, then snaps, "Get the f— out of my house!"

I love this — Dev is nearly naked, in the middle of an emotional maelstrom he helped cause, yet his main concern is parsing the minutiae of awkwardness.

All 10 episodes contain

moments like that, because Ansari has a gift for capturing the rhythms and concerns of millennials, that 20-something cohort who are struggling to be authentic but on-trend, empathic but cool; are navigating a world where they have to ask permission to kiss but expect to hook up; are trying to figure out who they are while processing billions of bytes of information; and who fear awkwardness above all else.

Ansari is also first-generation American, which adds a new dilemma,

proudly brown versus colour-blind.

He sums up an entire world view in, say, the search for the perfect taco ("What am I supposed to do now?" he sputters to the taco truck driver, whose wares are sold out. "Buy the second-best tacos, like an idiot?"). It's the perfect 21st-century show.

“Dev is nearly naked, in the middle of an emotional maelstrom he helped cause.”

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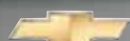


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El Vy more than a National holiday

SIDE PROJECTS

Frontman makes funky anti-funk in free time

Clearly, Matt Berninger has different ideas of relaxation than most.

When the National frontman finally ended 18 months of relentless touring behind that beloved Cincinnati indie-rock outfit's album *Trouble Will Find Me*, he immediately kicked off his holiday by starting a new band and making a new record.

Well, not that new. Berninger and longtime friend Brent Knopf (of Ramona Falls and Menomena notoriety) have been covertly working for five years on pop tunes gathered on their debut album as El Vy, *Back to the Moon*.

They didn't know exactly what they were working on, but this time last year they decided that it was too good not to finish.

"There was no pressure attached to it or schedule attached to it and that's why it kind of stayed a joy the whole time," says Berninger from Los Angeles. Those songs are considerably



Brent Knopf of Ramona Falls and Menomena and Matt Berninger of the National are El Vy. HANDOUT

more whimsical, loose-limbed and funky — albeit in a nerdy, almost anti-funk manner — than National fans are used to, although Berninger's dark wit is intact in the lyrics.

He might be the "name" in

the band, but he's completely deferred to producer/multi-instrumentalist Knopf's quirks on the instrumental side.

Both audibly appear to be enjoying the process on *Return to the Moon*; the album splat-

ters the wall with everything from disco to Krautrock to doleful piano balladry during its 11 tracks. There's even a half-serious "accidental concept" linking the tunes — but even the author urges you not to probe

too deeply. El Vy basically just did everything at once for the hell of it.

"I've been learning to enjoy making records much more than I used to," says Berninger. "It used to be hard. It was a struggle. I

loved it, but I was filled with anxiety. It's still hard and it's still a struggle, but the anxiety is gone."

Berninger and Knopf are taking El Vy on the road for a short tour — Berninger promises a four-piece band and "no lasers, but the next best thing to lasers" — and then it's right back to work on the next National record for him.

Apparently, it's sufficiently under way that the band is already making plans to debut the songs live next spring or summer to road-test them before recording.

"You'll probably hear a lot of new National material next year, but it'll all be from really sh—y iPhone recordings," says Berninger dryly, stressing that El Vy should not be misconstrued as an "escape" from his day job. He's still very happy at work.

"I'm so satisfied by the National on a creative level and actually we all are getting along very well now," he says. "What it was an escape from was the lifestyle that surrounds the National: after-show parties and bars and clubs, and just parties, parties, parties, parties."

TORSTAR NEWS SERVICE

COLLABORATIONS

Artists Shine a Light on race issues in America

When Pharrell Williams signed up to perform at an all-star concert highlighting race relations in America, the multi-layered musician didn't want to "have a Kumbaya type-of-moment" onstage with his fellow performers, as he put it.

"That's not what these communities need. They don't need another song, they need action," Williams said in an interview Monday. "And if that's accompanied by music, that's a beautiful thing."

What came from that are two specials airing on A&E on Friday. The two-hour *Shining a Light: A Concert for Progress on Race in America* — which includes Bruce Springsteen, Smokey Robinson, Ed Sheeran, Sia and John Legend — will tape Wednesday at the Shrine Auditorium in Los Angeles. It will air at 8 p.m. ET

on Friday.

A one-hour special, *Shining a Light: Conversations on Race in America*, will follow at 10 p.m. ET. The special will feature conversations about racial inequality and violence in communities like Baltimore, Md. and Ferguson, Miss.

Williams visited and taped a performance earlier this month at the South Carolina church where nine black parishioners were shot and killed on June 17.

"We feel like for the first time a major network was very generous and (was) open to the concept of there being a platform for people in communities to voice their opinions and talk about their stories," said Williams, who was joined by Soledad O'Brien

in Charleston, S.C. "Even if they agree or disagree, they have a platform to do it in an organized way."

Alicia Keys performed in Baltimore, where protests and rioting followed in April after the death of 25-year-old Freddie Gray, who died a week after he was injured in police custody. Legend visited the area where 18-year-old Michael Brown was killed last year in Ferguson and filmed a performance in St. Louis.

"I think A&E ... and everybody wanted to do the show because they were looking at a clear groundswell of activism around Black Lives Matter, a clear heightened awareness of the issue of the relationships between the black community and the police, and seeing so much unrest in the black community over the past couple years. They wanted to do something to bring people together," Legend said Monday.

"My thought was that if we're going to bring people together, we need to have real discussions and talk about the real pain and distrust that has been deeply rooted in the American culture and American history."

Pharrell Williams
GETTY IMAGES

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REVIEW

Ford Edge lacks personality, but big on most everything else

Mike Goetz

For Metro Canada



Ford Edge was one of the pioneers of crossover land.

The territory is now teeming with contenders, but Edge has always maintained a sizable following through the years, even with the last generation model, which first debuted way back in 2006 and was showing its age.

An all-new Edge debuted for 2015 and it shows Ford knows a thing or two about building and selling mainstream crossovers. The styling is current crossover generic with a Ford face and will not alienate anybody. And through an expanded four-trim lineup (SE, SEL, Titanium, Sport), a series of well-thought-out option packages, and three engines on the menu, the Edge can be tailored to fit the needs of a lot of buyers in the "family" space.

So Ford Edge is not a niche product. But this is a good thing for midsize crossover shoppers, as it is built to deliver what everyone expects and values today in this segment, without too much fanfare and extra expense.

Moving the Edge to the current Fusion platform has raised its driving dynamics to another level. AWD models also now get "Curve Control" that automatically adjusts power and braking to maintain the right pace and

line through a corner, should you go in there a little too hot.

All models also get "paddle shifters" on the steering wheel, and they are always "active" — you don't have to first shift the transmission lever into any kind of "manual drive" position.

The more sophisticated chassis is also quieter, and more comfortable over rough roads.

The big 3.5-litre V6 in our tester pumps out a lot of torque, for effortless motoring.

Ford Edge actually debuted the ill-fated first-generation MyTouch interface. This newer version works much better, and has just the right amount of hard buttons and knobs.

Our Titanium test vehicle had the 8-inch LCD screen with SYNC. That techy piece, along with the dashboard and centre console designed to look like one piece, looks impressively modern. Luxury vehicles seem to knit their interior bits together with a bit more detail and finesse, but otherwise there is a lot to enjoy in the Edge cabin.

With a slightly longer body and no third row to worry about, the Edge has a roomy rear seating area. And there is almost 200 litres of cargo space behind those rear seats. One of Edge's best features are the rear seat backs, which can be flipped forward by the cargo-area mounted switch.

It has a wide variety of up-to-date safety features, such as 18-degree front camera, adaptive cruise with brake support, blind spot warning, park assist, a lane keeping system that steers the vehicle back into line, and inflatable rear safety belts. Overall the new Edge feels very capable, comfortable and useful.

THE CHECKLIST | 2016 FORD EDGE

THE BASICS

Type. Midsize, 5-passenger, FWD/AWD crossover
Power. 245-hp 2.0-litre Turbo I4, 280-hp 3.5-litre V6, 315-hp 2.7-litre Turbo V6
Transmission. Six-speed automatic
Price. Base \$31,999 (plus destination)

NOTABLE FEATURES

- 180-degree front camera, which has its own washer cleaning system
- Advanced park assist for both perpendicular and parallel parking spaces
- Available heated and cooled front seats
- Cargo-area switch flips rear seats forward to form a virtually flat and voluminous cargo hauling space



MIKE GOETZ/FOR METRO

POINTS

- All-new generation model debuted in 2015, based on current Ford Fusion platform
- Made in Canada, and first Edge model to be exported to Europe
- Stiffer and better handling chassis, fortified Sport model, and standard paddle shifters on all models nudge Edge toward more intensive driving experiences

MARKET POSITION

- Slots in the Ford crossover roster between the smaller Escape and slightly larger Explorer
- Roomy and car-like crossover, for those who don't need extreme 4X4 capabilities, towing, or three rows of seating
- New range-topping Titanium model designed to meet increasing market demand for more premium feel and features in small and midsize crossovers

THE COMPETITION



Dodge Journey
Base price: \$21,495



Toyota Highlander
Base price: \$33,355



Nissan Murano
Base price: \$31,889

SEMA SHOW

Small carmaker 3D-printing its way into the history books



The Local Motors LM3D wowed at the Specialty Equipment Market Association show earlier this month. NEWSPRESS

Even at an event dedicated to customization and individual automotive style, a small company called Local Motors with just a single car on display managed to make a huge impression at this year's SEMA show.

At first glance, the LM3D Swim looks like a beach buggy. It's red, has no roof and there's even a surfboard mount. However, when you realize that it took less than four months to go from an idea to the finished product and that said product was made via Direct Digital Manufacturing (DDM) — a form of 3D printing

— then things start to get very interesting.

"In the past few months our engineers have moved from only a rendering to the car you see in front of you today," Local Motors CEO Jay Rogers said. "We are using the power of DDM to create new vehicles at a pace unparalleled in the auto industry."

Local Motors first proved the potential power of 3D printing in January when it arrived at the North American International Auto Show in Detroit without anything to display but over the course of the event live-printed

an electric vehicle, the Strati.

The LM3D Swim design came from Kevin Lo, a member of Local Motors' community of developers, makers and innovators, and was chosen from 60-plus entries.

Despite the rapid pace with which the company and its creations have already moved, meeting federal safety rules takes time. One of the LM3D Swim's aims is to accelerate the process of creating a fully homologated series of cars that meet all relevant safety standards with a view to making the first customer deliveries by 2017.

As well as crash protection, the car will also protect the environment. It has fewer components — 50 versus the 30,000+ used in a typical vehicle — and an electric motor. Then there's the scope for customization. Potential owners can quite literally personalize their vehicles inside or out with little more than the click of a mouse.

The company hopes consumers will be able to start reserving and potentially customizing their printed cars in 2016, and the finished vehicle should retail for \$53,000. AFP

The haul to environmental health

DRIVING FORCE

Concept vehicle offers lessons for manufacturers

Jil McIntosh
For Metro Canada



Car owners are always looking for better fuel efficiency, but they're not alone. It's also a major issue with tractor-trailers, since fuel is usually a trucking company's largest operating cost.

As part of a U.S. government project involving four truck manufacturers, Freightliner has developed its SuperTruck. This concept tractor-trailer has achieved real-world testing of 19.3 L/100 km when fully loaded,

about half of what a conventional truck would use.

"Seventy per cent of the freight in the U.S. is hauled by trucks, so trucking is an important part of the economy, but it consumes about 20 per cent of all fuel for road vehicles," says Derek Rotz, manager in advanced engineering for Daimler Trucks North America, which owns Freightliner. "If a truck uses less fuel, fleets can reduce

their operating costs and it's good for the environment."

The SuperTruck concept is a combination of technologies, some of which are already in use in production trucks, including aerodynamic styling and low-rolling-resistance tires.

Others that may be used in the future include lightweight materials, electric air conditioning, and active grille shutters that improve airflow over the

nose when full engine cooling isn't needed.

But while engineers tried as many things as possible, not all of them turned out to be viable. A technology has to cost less in the long run than the equivalent value of the fuel it will save, and also can't be so complicated that it's difficult to manufacture or install. The SuperTruck uses an exhaust-mounted turbine that runs off waste heat to produce electricity, but it's too heavy and complex for real-world use.

The truck also has a gasoline-electric hybrid system that ultimately didn't return the efficiency expected. Hybrid systems recharge their batteries with regenerative braking, which captures kinetic energy generated by the wheels when slowing down. Since these trucks primarily cruise at steady speed on the highway, there isn't much opportunity to recharge.

"There is limited stop and go, which means less energy recovered," Rotz says. "And it needs a lot of power to drive the vehicle, so you need a unique hybrid design for trucks and it's difficult to leverage passenger car technology. We went into the program in 2010 and (truck) hybrids were in discussion at the time, but very little was known about them. Five years later, we know the potential but also the limitations of the system, and

+ DETAILS

- The U.S. government's SuperTruck program goal was a **50 per cent freight efficiency improvement**, which includes fuel, distance travelled and weight carried, but Freightliner achieved a 115 per cent improvement.

- Concept vehicles like the SuperTruck allow engineers to test new technologies not just in laboratories, but in **real-world scenarios** including hauling loads.

- Freightliner has also introduced a **self-driving concept truck**, the Inspiration, currently being tested on Nevada's highways.

we feel hybrids are actually not the best solution for long-haul trucks."

The engineers also optimized more than 2,000 of the truck's components, gaining a fraction of fuel economy with each that adds up over the entire vehicle. The truck's integrated aerodynamic trailer is also part of the project, and contributes about two-thirds of the SuperTruck's overall fuel savings.



This truck won't go into production, but much of its fuel-saving tech will. JIL MCINTOSH/FOR METRO

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<p>2014 FIAT 500L 4DR</p> <p>PARKVIEW BACKUP CAMERA, PARK SENSE ASSIST, BLUETOOTH HANDS FREE</p>	<p>2014 RAM 1500 SPORTS 4X4</p> <p>LUXURY GROUP, REMOTE START, 9 SPEAKER ALPINE AUDIO</p>	<p>2015 RAM 1500 SPORT 4X4</p> <p>5.7L HEMI V8, MEDIA HUB WITH USB, SIRIUS RADIO, NAVIGATION</p>
<p>2014 DODGE DART SE</p> <p>ELECTRONIC STABILITY CONTROL, 16" WHEELS AND TIRE PACKAGE</p>	<p>2014 RAM PROMASTER LOW ROOF</p> <p>3.6L V6, U-CONNECT BLUETOOTH, PARK SENSE</p>	<p>2014 RAM PROMASTER LOW ROOF</p> <p>TOUCHSCREEN AUDIO, WITH STEERING WHEEL MOUNTED CONTROLS, BLUETOOTH HANDS FREE</p>
<p>2014 RAM 1500 LARAMIE 4X4</p> <p>3.0L ECO DIESEL, 8.4" TOUCHSCREEN WITH NAVIGATION, REMOTE STARTER</p>	<p>2014 RAM 1500 SPORT 4X4</p> <p>LEATHER WITH HEATED AND VENTILATED SEATS, 9 SPEAKERS AUDIO</p>	<p>2014 RAM 1500 LONGHORN 4X4</p> <p>POWER SUNROOF, 20" WHEEL GROUP, 8.4" TOUCHSCREEN AUDIO</p>
<p>2015 JEEP CHEROKEE LATITUDE</p> <p>8.4" TOUCHSCREEN, POWER SUNROOF, PARKVIEW BACK UP CAMERA</p>	<p>2014 RAM 3500 CREW 4X4</p> <p>REMOTE START, TOUCHSCREEN AUDIO, CUMMINS DIESEL</p>	<p>2015 CHRYSLER 200 LIMITED</p> <p>8.4" TOUCHSCREEN, U-CONNECT BLUETOOTH, POWER SUNROOF</p>
<p>2015 CHRYSLER 200 LIMITED</p> <p>PARKVIEW BACKUP CAMERA, 9 SPEED TRANSMISSION, U-CONNECT BLUETOOTH</p>	<p>2013 RAM 2500 LARAMIE LIMITED</p> <p>NAVIGATION, LEATHER, REMOTE START, POWER SUNROOF</p>	<p>2014 RAM 1500 LARAMIE 4X4</p> <p>HEATED/VENTILATED SEATS, SUNROOF, GPS NAVIGATION</p>

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CUTTING EMISSIONS

Cadillac introduces ultracapacitors in start-stop setup

Engine start-stop systems are appearing in evermore vehicles as automakers strive to increase fuel economy and cut emissions. Shutting down engines while cars stand still — when there's no need for power for motion — can help achieve both goals.

Where current start-stop systems rely on battery power to keep electrical accessories running, and

to restart the engine at the appropriate time, Cadillac is trying something new: ultracapacitors, which store energy for less time than conventional batteries, but which release their energy in quicker bursts of power said to stabilize electrical flow, reducing high currents and repeated cycling that shortens battery life, notes Green Car Reports.

The new system is standard on base 2016 Cadillac ATS and CTS models.

WHEELBASE MEDIA

Metro's weekly
picks for the latest
in environmental
news



Mirai impresses, quietly, in debut

2016 Toyota Mirai hydrogen fuel-cell cars are on California roads now, and Car and Driver was among the first media outlets to test-drive the limited-production sedan, doing instrumented testing in addition to seat-of-the-pants impressions. Test drivers drove the Mirai around greater Los Angeles, stopping at several hydrogen fuelling stations along the way. About the worst thing they could say was that it's not a sports car, evidenced by its zero-to-96-km/h time of a slow-poke 9.4 seconds. Positive comments abounded, such as "pleasant," "comfortable" and "isolation-chamber quiet." Suspension, steering feel and ride quality were also favourably noted.



The SkyActiv's the limit

Mazda says its next line of fuel-efficient SkyActiv engines could be as much as 30 per cent more frugal than the current generation of its more eco-friendly powerplants. The new engines should appear in Mazda's lineup, which includes the CX-3, pictured, by 2018, and represent the main component in the company's fuel efficiency strategy, president Masamichi Kogai told Auto Express at the recent Frankfurt Motor Show. Meanwhile, Mazda is feeling out customer interest in hybrid and electric cars, and has appointed a special team to investigate the feasibility of reviving the Wankel rotary engines that were once a Mazda calling card. An earlier promise to bring a diesel engine to the United States might now hinge on whether getting one certified here would sacrifice its performance.

Tokyo 2020 to promote hydrogen economics

The Japan government plans to showcase hydrogen-powered fuel-cell vehicles and other hydrogen technologies at the 2020 Tokyo Olympics. It will spend the equivalent of about \$330 million US through 2020 on hydrogen-infrastructure projects. Hydrogen-friendly automakers such as Honda (its FCV pictured at left), Nissan and Toyota reportedly will underwrite some of those costs. Authorities are counting on the economies of scale brought by more hydrogen filling stations and “tens of thousands” more hydrogen cars on the roads to lower hydrogen-related costs between now and the Games.

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Pumpkin pie is Marvellous

HOLIDAY FARE

Family secret is a must-have for foodies

Jennifer Friesen

Angela Shears has never had a single Christmas, Thanksgiving or Easter pass by without one staple dessert: her great-grandmother Marvel's famous pumpkin pie.

"It was such a big deal to get a piece of one of her pies," she laughs. "We always fought over who got the biggest piece, because there never seemed to be enough for all of us."

After finding an untapped love of baking seven years ago, Shears begged Marvel for the recipe — but years past with no avail. Marvel refused to give out her recipes to anyone, and if she did, she was notorious for leaving out key ingredients.

+ ANGELA'S TIPS

1. "Use home-made whipped cream. If you whip together a carton of whipping cream, one to two tablespoons of sugar, a splash of vanilla and a pinch of cinnamon, it's perfect."
2. "Make sure to protect the crusts with tin foil," to prevent burning.
3. "Make it the day before, because you won't have space in your oven on Christmas Day."

So Shears got a big shock four years ago when Marvel called and said, "OK, I think it's time for you to have the recipe."

It was the first year Shears hosted Christmas dinner, and with 11 guests, including Marvel, Shears spent two straight days baking in preparation.

"I was so excited that she finally decided to share her recipes

with me," Shears says. "But I was really nervous, too, in case it didn't live up to her expectations."

But as she watched her great-grandmother take a bite, Shears' says her worries disappeared — Marvel loved it.

"That was a big deal," she says. "To have her sit down, try it and like it? I was just so happy and so relieved."

Shears soon opted to evolve the recipe by adding her own secret ingredient: real pumpkin.

She brings home a bundle of pumpkins in October, roasts them in her oven until they're tender, and then purees them to freeze the filling for the Christmas pies. She says it gives the dessert added moisture, "and maybe that's why people can't get enough of it."

Now, ever since she got her hands on the elusive recipe, Shears has taken reign over the pumpkin pie. And even with Marvel hosting the festivities this year, Shears is set to bring the family's favourite dessert.



Angela Shears spent years asking her great-grandmother for her pumpkin pie recipe before she was finally let in on the secret. JENNIFER FRIESEN

GREAT-GRANDMOTHER'S PUMPKIN PIE

Ingredients

2 cups brown sugar
1 tsp salt
2 tsp cinnamon
1 tsp mace
4 eggs, lightly beaten
1 can of pumpkin
1 cup of milk, scalded
1 cup of evaporated milk, scalded
2 9-inch pie crusts

Directions

1. Preheat oven to 450 F.
2. Mix brown sugar, salt, cinnamon and mace together.
3. Add in eggs and pumpkin.
4. Mix in milk and evaporated milk.

5. Pour into pie crusts.

6. Bake for 20 minutes at 450F.

7. Cover pie crust edges with tin foil, then reduce oven to 350 F, and continue baking for an additional 25 minutes, or until pie is set in the middle.

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According to reports, nine-time all-star and former World Series MVP David Ortiz of the Red Sox will retire after the 2016 season



+ NHL ROUNDUP

Blue Jackets sting Blues for third straight win

Brandon Saad scored twice to help the Columbus Blue Jackets beat the St. Louis Blues 3-1 on Tuesday night for their first three-game winning streak of the season.

Cody Goloubef also scored for Columbus, which has won five of its last seven games. Sergei Bobrovsky continues to recover from his poor start, making 19 saves for a 5-1-0 record in his past six games. THE ASSOCIATED PRESS

Malkin posts four points to push Pens past Wild

Evgeni Malkin scored two goals and picked up two assists for his first four-point game in two seasons to lead the Pittsburgh Penguins to a 4-3 win over the Minnesota Wild on Tuesday night.

David Perron and Beau Bennett also scored for Pittsburgh, which rode Malkin's inspired play to win for just the second time in five games. THE ASSOCIATED PRESS

Dallas first NHL team to 15 wins this season

Valeri Nichushkin scored 51 seconds into the game and Antti Niemi stopped 24 shots to help the Dallas Stars beat the Buffalo Sabres 3-1 Tuesday night in Buffalo.

Alex Goligoski and Tyler Seguin also scored, and Dallas won a late coach's challenge on the way to becoming the first NHL team to 15 wins this season. The Stars' 30 points are tied with Montreal and the New York Rangers for tops in the league.

Ryan O'Reilly's power-play goal with 6:57 to play broke Niemi's shutout bid. THE ASSOCIATED PRESS

Leafs ramp up special teams, beat Colorado

The much-maligned Toronto Maple Leafs special teams units enjoyed a special night against the Colorado Avalanche.

The Leafs got four goals on the power play and one short-handed to beat the Avalanche 5-1 on Tuesday night for their fourth victory in five games. THE CANADIAN PRESS

Defensive prospects at the Flames' doorstep



THE HOCKEY NEWS
Brian Costello
FOR METRO

The Flames have done a terrific job turning an organizational weakness into a position of strength the past few seasons. Calgary is locked and loaded on the blue line for the next five years, perhaps 10, based strictly on the personnel in the system.

It wasn't that long ago all the Flames had was a blossoming Mark Giordano, along with the fading likes of Dion Phaneuf, Robyn Regehr and Cory Sarich. And the best prospects were Matt Pelech and John Negrin.

Then late-round pick T.J. Brodie began his gradual ascension toward top-pair D-man, the Jay Feaster management team began drafting rearguards based on hockey IQ, and GM Brad Treliving made the bold move acquiring 22-year-old Dougie Hamilton.

With Giordano, Brodie and Hamilton the cornerstones, Calgary's next quest is getting rid of the overpriced contracts on defence and replacing them, one at a time, with a crop of prospects.

By my count, the Flames have eight legitimate blue-chip defensive prospects.



DEVIL OF A TIME The Flames' Joe Colborne checks the Devils' David Schlemko at the Scotiabank Saddledome, Tuesday night. Go to metronews.ca for the final score. JEFF MCINTOSH/THE CANADIAN PRESS

While it would be nice to project all eight evolving into NHL regulars, realistically only three or four, maybe five, continue their development to reach the highest level.

Those eight are Tyler

Wotherspoon, Brett Kulak, Jakub Nakladal, Kenney Morrison, Ryan Culk, Oliver Kyllington, Rasmus Andersson and Brandon Hickey.

It would behoove the Flames to work one in every

year — including this season — to limit growing pains. Remember when the Maple Leafs baptized teenagers Jim Benning, Bob McGill and Fred Boimistruck all in the same season with disastrous results?

+ NEXT UP

The Flames will hit the ice next on Friday when they host the Blackhawks.

Kulak showed in a six-game NHL trial he's ready for third-pair duty. But a numbers game resulted in him being sent to the AHL. With Dennis Wideman, Ladislav Smid and Deryk Engelland on big-ticket deals this season and next, there won't be room for Kulak or any of the others for quite a while.

Ideally, Treliving can move a couple of those veterans in the next six months and create a reachable carrot at the end of the stick for the prospects. Kulak or Nakladal should get a promotion later this season in order to get comfortable at the NHL level.

Then at the start of next season, the other has his big chance, or Wotherspoon or Morrison. Then the season after, one of the latter two, or Culk, or Andersson or Kyllington.

The best way to grow is from within, especially with resources already there. And it allows the payroll to be allocated at other positions. But that transition should begin now.

COLORADO

Berra settling into a groove with the Avalanche



Reto Berra entered Tuesday with the league's best goals-against average (1.50) and save percentage (.953). GETTY IMAGES

When the Colorado Avalanche acquired Reto Berra from the Calgary Flames at the 2014 trade deadline, the price of a second-round pick was pretty rich for a goaltender with a sub-.900 save percentage and just 29 games of NHL experience.

"When you're making a trade for a player it's because you believe he's going to play a major role for your team," coach and executive vice president Patrick Roy said. "We saw him as a great backup to Vary."

Berra has been Semyon Var-

"I just needed a little time, maybe more time than other people."

Reto Berra

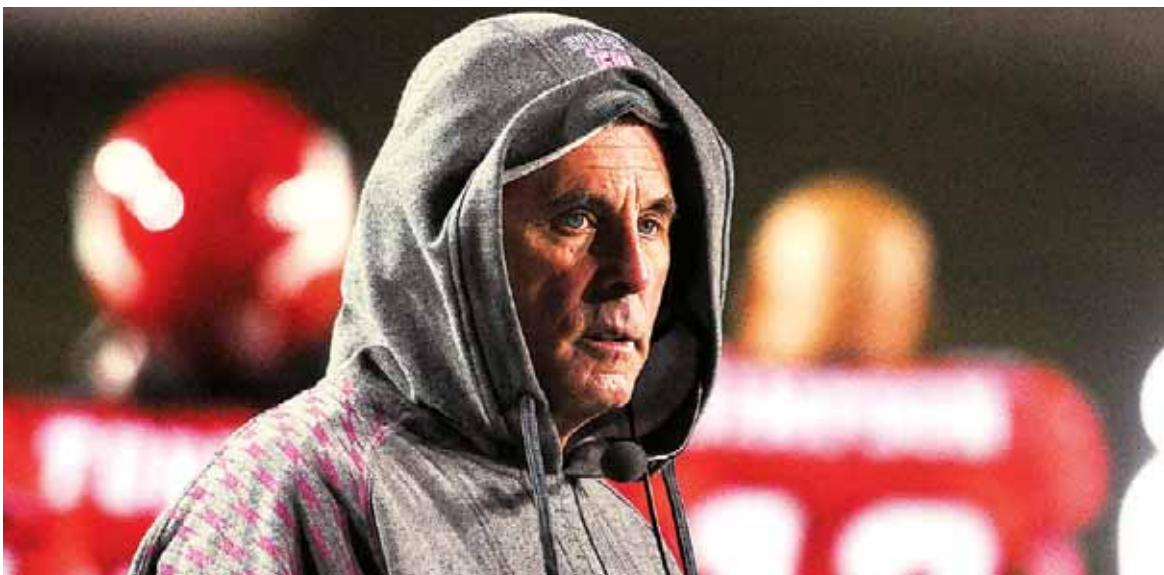
lamov's backup the past two seasons and even gave way to young Calvin Pickard at one point last year. But going into Tuesday night, he was tops among goaltenders who have played at least eight games

with a 1.50 goals-against average and .953 save percentage.

The 28-year-old was a key contributor in the Avalanche stringing together a three-game winning streak before their 5-1 loss to the Toronto Maple Leafs on Tuesday.

"Reto's been unbelievable," leading scorer Nathan MacKinnon said. "He's been criticized a lot over the past couple seasons that he's not an NHL goalie. Some people wouldn't take that so well. He's taken it and ran with it."

THE CANADIAN PRESS



Injuries to Shane Bergman and Pierre Lavertu on the O-line have given John Hufnagel a selection headache. DEREK LEUNG/GETTY IMAGES

Hufnagel faces O-line issue for Eskimos test

CFL

Two offensive injuries means coach needs to shuffle roster

It will be an interesting few days for the Calgary Stampeders' offensive line.

Injuries to a pair of Canadians means coming up with a contingency plan in case they can't play in the CFL's West Division final Sunday in Edmonton against the Eskimos.

After a couple of days off from practice, the Stampeders get back on the field Wednesday.

"It will be busy," Stampeders head coach and general manager John Hufnagel said Tuesday. "There will be a lot of shuffling, but we will have to make a decision on Day 3 so they can get a full practice under their belts in positions we hope they'll start

the game with and hopefully finish."

Sunday's winner books a berth in this year's Grey Cup on Nov. 29 in Winnipeg.

Centre Pierre Lavertu has a hamstring strain and won't practise before Friday, Hufnagel said. Left guard Shane Bergman was to undergo a scan later Tuesday to determine the extent of his upper-body injury.

Hufnagel was already planning for the addition of an international player to the offensive line. Californian John Estes, signed as a free agent in July, started three games at left guard for the Stampeders this season, but also played centre at

the University of Hawaii.

Spencer Wilson shifted from right guard to the middle when Lavertu limped to the sideline in the first quarter of Sunday's 35-9 division semifinal win over B.C.

The versatile lineman from Toronto has played every position on the Stampeders' offensive line during his career, including centre. Wilson put one snap over quarterback Bo Levi Mitchell's head in the fourth quarter, but Calgary had the game well in hand by then.

"He had the one really bad snap and had some low snaps, but Spencer does practise the position," Hufnagel said. "It's not like it was foreign to him.

He graded out well."

Toronto defensive lineman Quinn Smith has flipped back and forth all season as Calgary's emergency call-up when an offensive lineman went down.

"He's very aware of the playbook, the calls," Hufnagel said. "He's been a very handy person to have on your roster this year." The Eskimos haven't played a game since Nov. 1 as they finished the regular season with a bye week followed by another for finishing first in the division.

Edmonton will be the healthier and more rested team. Their coaches have had ample time to prepare for either the Lions or Stampeders. Hufnagel didn't believe the long break will be a disadvantage for the Eskimos on Sunday.

"I don't believe so. I wish I had that problem to handle this year," Hufnagel said. "I'm sure they had a plan. They'll be fully prepared and they will be ready to go." THE ASSOCIATED PRESS

NFL

Manziel given leash as Browns' starter

There was no formal presentation or fanfare, no torch-passing ceremony.

Browns coach Mike Pettine simply pulled Johnny Manziel aside and told him he would be Cleveland's starting quarterback for the remainder of this season.

No longer just a celebrated bad-boy backup, Manziel joined an elite class. The trick will be staying there. Manziel's budding pro career, dotted mostly by missteps on and off the field to this

point — the NFL said Tuesday he will not be disciplined for a domestic case — seems

to be finally headed in the right direction for him. Now, the Browns will find out if he can be their franchise QB.

Fresh off a strong start at Pittsburgh on Sunday, Manziel moved ahead of

veteran Josh McCown on the depth chart, a switch that will either usher in a new era for the Browns or send them scrambling again to fill a troublesome position. "I wanted the chance to be the guy and

that was always my goal," said Manziel, who was watching film before Pettine told him the



MLB

Estrada happy to be back with Blue Jays

The Toronto Blue Jays wanted him back, and Marco Estrada was happy to return. For the right-hander, it was a win-win situation. The Jays agreed, signing him to a \$26-million US, two-year deal that made sense for both parties.

For the 32-year-old Estrada, who made \$3.9 million last season, it's a gigantic pay hike that should translate into lifetime security for his family. For the Jays, needing to bolster their rotation for the likely loss of free agents David Price and Mark Buehrle, it's two more years of service from a dependable, quality arm.

Estrada is also low maintenance and a comfortable fit in the Toronto clubhouse.

"He exemplifies everything we're looking for in a Blue Jay player," interim GM Tony LaCava told a Rogers Centre news conference Tuesday. "He earned this contract and we're happy to have

this day for him."

The new contract was announced last Friday, but Estrada and LaCava met the media Tuesday to discuss the deal. After being acquired from Milwaukee in a November 2014 trade for Adam Lind, Estrada started

this season in the bullpen after rolling an ankle in spring training but soon pitched his way out of it. Befuddling batters with a devastating change-up, Estrada went 13-8 with a career-best 3.13 earned-run average and a career-high 28 starts.

Only Jake Arrieta (.185) of the Chicago Cubs and Zack Greinke (.187) and Clayton Kershaw (.194) of the Los Angeles Dodgers held batters to a lower average this season than Estrada (.203). And Estrada led the majors in that category after the all-star break, restricting opposition hitters to a .183 batting average.

THE CANADIAN PRESS

26M

Amount in U.S. dollars that Estrada will earn over the next two years for the Blue Jays.



Marco Estrada, left, and interim GM Tony LaCava speak at news conference on Tuesday. CHRIS YOUNG/THE CANADIAN PRESS



IN BRIEF

Swede Euro dreams for Ibrahimovic after double

Sweden earned a ticket to the 2016 European Championship after drawing with Denmark 2-2 in the second-leg playoff on Tuesday.

Zlatan Ibrahimovic scored both to put Sweden 2-0 ahead, and though Denmark's Yussuf Poulsen and Jannik Vestergaard replied in the last 20 minutes, the Swedes advanced 4-3 on aggregate. THE ASSOCIATED PRESS

Draw enough for Ukraine to make championships

Ukraine beat Slovenia 3-1 on aggregate to qualify, via a playoff, for the European Championship next year, after a 1-1 draw on Tuesday.

It is the first time Ukraine qualified for the Euros, although it received an automatic place as co-host in 2012. THE ASSOCIATED PRESS

Banister, Maddon named managers of the year

Jeff Banister was named AL Manager of the Year Tuesday after leading the Texas Rangers to a division title in his first season on the job.

Later, Joe Maddon won the National League honour. He led the Chicago Cubs to the playoffs with a regular-season record of 97-65.

THE ASSOCIATED PRESS

Cotto stripped of title ahead of Alvarez clash

Miguel Cotto has lost his piece of the middleweight title even before his fight Saturday night with Canelo Alvarez.

The WBC said Tuesday it has stripped Cotto of the title for not agreeing to the organization's rules, which reportedly included paying a sanctioning fee to the organization. THE ASSOCIATED PRESS

RECIPE Kale Mac and Cheese



PHOTO: MAMA USNET

Ceri Marsh & Laura Keogh For Metro Canada



Your favourite childhood meal just got a makeover. Don't worry, we promise it's still as delicious as ever.

Ready in

Prep time: 50 minutes

Serves 6

Ingredients

- 2 Tbsp unsalted butter
- 2 Tbsp spelt flour
- 4 cups spelt elbow macaroni
- 1/4 cup low sodium chicken stock
- 1 1/2 cups milk
- 1 cup shaved cheddar cheese
- 1 1/2 cups shaved Monterey Jack cheese, divided
- 1 tsp Dijon mustard
- 1 cup frozen chopped kale
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1/2 cup of bread crumbs

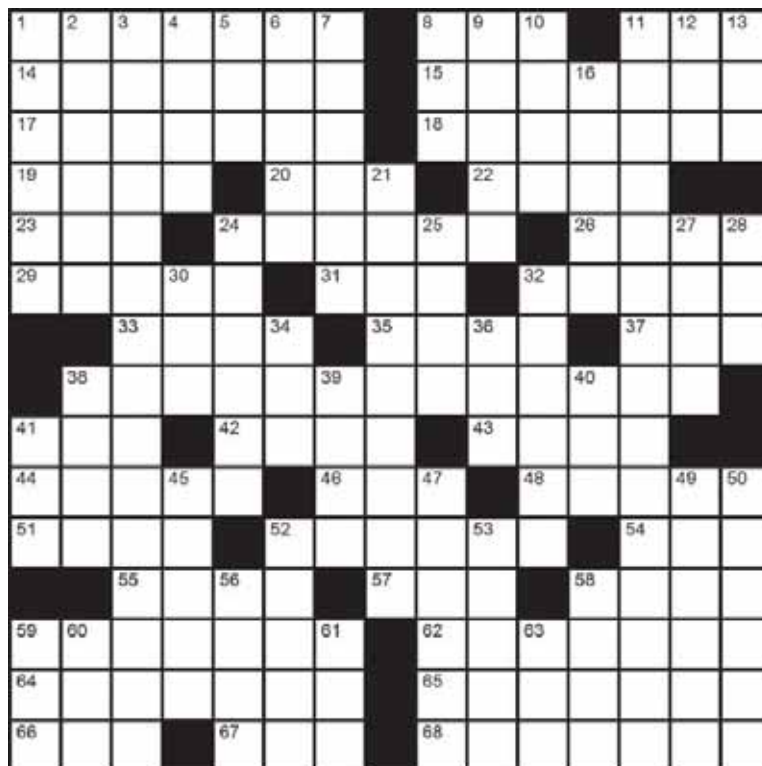
Directions

1. Preheat oven to 350 F.
2. In a medium size saucepan, melt butter over medium low heat. Add flour and whisk.
3. Cook pasta according to package directions.
4. Add chicken stock and milk and allow to simmer for 5 minutes so mixture can slowly thicken, stirring occasionally. Lower heat and add mustard, cheddar and 1 cup Monterey Jack cheese. Mix until cheeses have melted and mustard is combined. Add kale, nutmeg and salt; stir until warmed and mixed together, about 2 minutes.
5. Place cooked pasta into medium size casserole dish and mix in cheese sauce, being sure to coat all the pasta. Sprinkle the top with the remaining Monterey Jack cheese and then top with bread crumbs. Bake for 30 minutes, or until cheese sauce is bubbling and edges are a golden brown.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Look beyond:
2. wds.
8. "Take on Me" band
11. Beach building
14. Revolutionary leader Che Guevara's real first name
15. North Carolina's capital city
17. Diamond patterns on classic socks and sweaters
18. Slice, in Sherbrooke
19. Mr. Schiffrin (Composer of the "Mission: Impossible" theme music)
20. Clairvoyance, e.g.
22. Peril
23. "Take _ _ insist."
24. Like the vision of a not-wearing-their-glasses person
26. Shield's centre knob
29. Like a twangy voice
31. Member of Parliament, e.g.
32. Found out
33. House, in Hamburg
35. Radar's grape drink on "M*A*S*H"
37. Rob Roy's refusal
38. Margaret Atwood's latest book, The _ _ _
41. Courteney of "Friends"
42. Actor, Corbin _
43. 'N' of CSNY
44. Wishes
46. Medical pros
48. Lasso

51. In an overly casual manner
52. Island of Italy
54. Job seeker's submission, for short
55. Spoken
57. Aussie animal
58. Pres. Lincoln's
59. Dried fruit, often

62. Upgrade
64. Forestall
65. "20,000 _ Under the Sea" (1954)
66. CN Tower's city, tiny-ly
67. Tube-shaped fish
68. Concert extras

DOWN

1. Keep that freshness by securely closing the food container: 2 wds.
2. Printers' mistakes
3. Canadian History... Sir Martin Frobisher or Sir John Franklin, for

- example: 2 wds.
4. The Smurfs creator
5. Non-verbal communication syst.
6. Forged material
7. Even chance
8. _ gallery
9. Title romantic

- comedy role for Billy Crystal
10. Jai's friend
11. Village on Random Island in Newfoundland: 2 wds.
12. "Ewww."
13. Definite article
16. Happen as a result
21. Articulate
24. Short write-ups
25. "Full Metal Jacket" (1987) actor, _ _ Erney
27. Army _ (Military kid)
28. Lyric poem
30. US motorists org.
32. "Million Dollar Baby" (2004) star Ms. Swank
34. MLB's Cardinals, on scoreboards
36. QVC rival on American TV
38. Winter coat part
39. Ms. Halliwell (Ex-Spice Girl)
40. " _ _ was saying..."
41. Vitality
45. High nest, variantly
47. Figure of speech
49. Plasmas and LCDs, fun-style spelling
50. Evaluate
52. Alpine sight
53. Measure of light
56. Wile E. Coyote's supplier
58. Jason's craft
59. Fitting
60. For
61. Final amt.
63. B.C.'s ocean

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't look back and wonder what might have been — look forward and create a bright new future. Any regrets you still have must be dealt with, then forgotten once and for all.

Taurus April 21 - May 21
You seem to be plagued by self-doubt. Why? Snap out of it because there is serious work to be done. You are more sensitive than usual but don't let that paralyze you.

Gemini May 22 - June 21
The more others say bad things about you the more certain you can be that your actions are having the desired effect. You must not back down. Let others know that you will not be cowed into silence.

Cancer June 22 - July 23
You may be in the mood to change things but don't make changes that are not necessary. Focus on your home situation before turning your attention to anything else.

Leo July 24 - Aug. 23
Stick to the rules today because if you try to cut corners the powers that be will come down on you hard. Not everyone shares your cavalier approach to getting things done.

Virgo Aug. 24 - Sept. 23
Do not allow yourself to be seduced by people who have a way with words — it will inevitably lead to some kind of loss, most likely financial. You don't need advice. Deep down you already know the answers.

Libra Sept. 24 - Oct. 23
Don't be distracted by things that take you away from the path you should be on. There will be time for fun and games later on, when the serious stuff has been done.

Scorpio Oct. 24 - Nov. 22
It may be in your power to take what you desire but it is not in your long-term interests. If there is something you want but cannot attain through fair means, it may be a sign that you are not supposed to have it.

Sagittarius Nov. 23 - Dec. 21
Don't get so caught up in other people's woes that you start feeling depressed. Steer clear of negative people and focus on the good — plenty of which is coming your way.

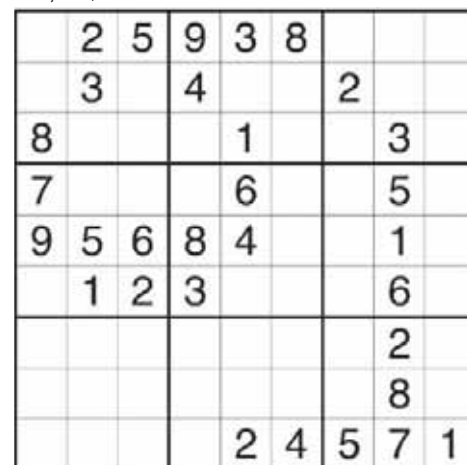
Capricorn Dec. 22 - Jan. 20
It would be wise to keep certain thoughts and opinions to yourself. If you cannot say something that everyone can agree with it might be best not to say anything at all.

Aquarius Jan. 21 - Feb. 19
Some people are stuck in their own way of seeing things and logic and common sense seem alien to them, but that's life. Make allowances for those who do not share your ability to see both sides of the story.

Pisces Feb. 20 - March 20
If you're having second thoughts about something then stop. See which way fate points you next week. The Sun's change of signs could lead to changes in your goals.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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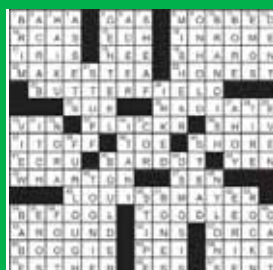
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11 YEARS



GLEN BARRETT
43 YEARS



ROB COLEMAN
30 YEARS



GERRY WOOD
10 YEARS



MARTIN VENNARI
9 YEARS



DARCY SCHINNERER
16 YEARS



RAY BURNETT
19 YEARS



AHMED MAWSOH
8 YEARS



PHIL LAWRENCE
22 YEARS



JOHN O'HANLON
13 YEARS



JIM NARFASON
22 YEARS



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11 YEARS



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